

AUSTRALIA'S MOST POPULAR SELF-SUFFICIENCY MAGAZINE

# Grass Roots

AUST. \$5.75 incl GST

New Zealand \$7.15 incl GST

No. 154. Dec/Jan 02/03

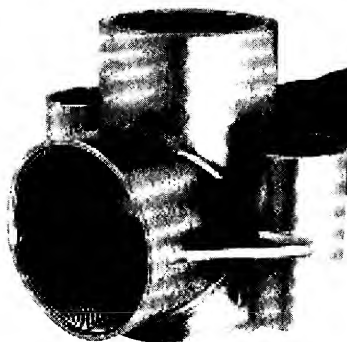
Printed on plantation-grown paper

- Build a Handy Garden Retreat
- Cool Home Design • Cheviot Sheep
- Make a Solar Food Dryer • Xmas Gifts to Make
- Bushfire Safety • Luscious Lettuce • Saving Water

## ***Organic Herb Business in the Hills***



## Pump water with water.



**Works in any creek or stream with 0.5m fall.**

- Solid stainless steel body for long life.
- One moving part – no maintenance.
- Typical flow 200 litres/hour.
- Tested up to a 30m head over 500m.
- Five years development. Two year guarantee.

**For details, phone (02) 9893 7586 fax 9689 3663.**

***Ask about our introductory discount.***

***Designed and made in Australia***

The Turon Pump, 26 Hunter Street, Parramatta, NSW 2150.

## PERMACULTURE

### Principles and Pathways Beyond Sustainability

...a new book by **David Holmgren**  
co-originator of the permaculture concept  
\$38 post paid in Australia from the publisher



**HOLMGREN DESIGN SERVICES**  
[www.holmgren.com.au](http://www.holmgren.com.au) • [info@holmgren.com.au](mailto:info@holmgren.com.au)  
16 Fourteenth Street Hepburn Victoria 3461

# WANTED SITEHOLDERS

## Seymour Alternative Farming Expo

14th, 15th, 16th February 2003

9.00am – 5.00pm each day

Ph: 03-5799-1211 Fax: 03-5799-1311

Or register on our website: [www.seymour-expo.com](http://www.seymour-expo.com)

This is an agricultural field day which focuses on new and different products applicable to the backyard farmer, the blockie and the hobby farmer right through to the mainstream farmer.

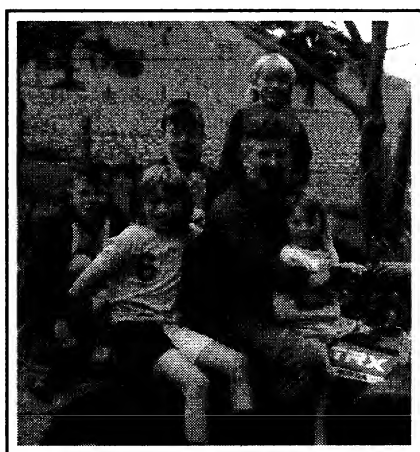
We will be showcasing a range of exotic livestock, small agricultural equipment, timber milling, fine food, fashion, and unique and specialised crafts along with alternative lifestyle options such as sustainable/renewable energy.

If you fall into any of the above categories or if you can provide food/beverages or gourmet catering, book your site now for the:

**SEYMOUR ALTERNATIVE FARMING EXPO**

Elizabeth St, Seymour 3660

# Welcome to *Grass Roots* magazine



*Recipe for happiness, page 6.*



*Original gifts ideas, page 27.*



*Seaside smoke, page 32.*

## PEOPLE

<b>Extended Family, A Communal Experiment</b> <i>Living and learning together</i>	Bev Collett	6
<b>Making Money From Herbs</b> <i>A charmed life</i>	Sunshine Miller	9
<b>I Still Love Christmas</b> <i>The more things change . . .</i>	Jose Robinson	13
<b>Our Foe The Fly</b> <i>Constant thorn in the side</i>	Shirley Heale	21
<b>Changing Lifestyle</b> <i>Where to start?</i>	Sweet Alice	70

## FARMSTOCK

<b>Heritage Sheep Breeds, The Cheviot</b> <i>Productive and hardy</i>	Megg Miller	25
<b>Controlling Poultry Lice</b> <i>Stop them lingering on</i>	Megg Miller	61

## GARDEN

<b>Double-Ended Planting Tool</b> <i>Labour-saving gardening gadget</i>	Robert Millet	16
<b>Saving Water In The Garden</b> <i>Homemade trickle systems</i>	John Mount	18
<b>Let's Hear It For The City</b> <i>Small spaces, high productivity</i>	Alan Stewart	48
<b>Fan-Leafed Pit Pit</b> <i>Productive permaculture plant</i>	Jane Lawrance	55
<b>Be Ruthless</b> <i>Nature favours the strong</i>	Robert Millet	56
<b>Luscious Lettuce</b> <i>Grow a crunchy salad</i>	Dorothy Creevey	57
<b>Time For Tea</b> <i>Herbal health and refreshment</i>	Lillian Barry	58

## OWNER BUILDER

<b>Who Needs A Wigwam?</b> <i>Multipurpose garden structure</i>	Trever Wilkins	22
--	----------------	----

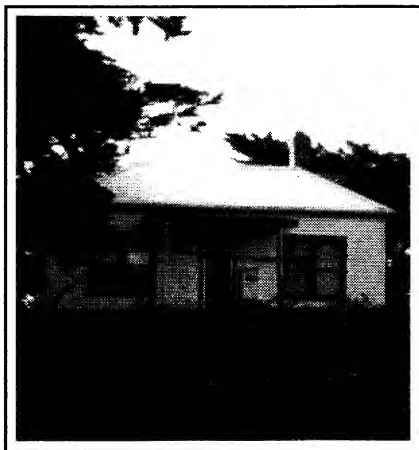
## ENVIRONMENT

<b>Travelling Safely In The Bushfire Season</b> <i>Prudent precautions</i>	Joan Webster	11
<b>In Dry Times Remember the Birds</b> <i>A sensible feeding regime</i>	Jenny McKenzie	33
<b>Every Osprey Matters</b> <i>Replacing habitat</i>	Pam Odijk	69

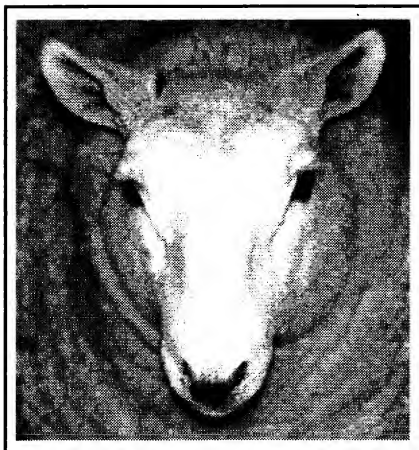
## CRAFT

<b>Picnic Basket Liner</b> <i>Make a personalised present</i>	Dianne Jackson	29
<b>A Really Useful Gift</b> <i>Versatile aprons to sew</i>	Pam Odijk	51
<b>Christmas Egg Decorations</b> <i>Fun children's craft</i>	Robyn Leah	59





*Harmonise the mind, page 19.*



*Practical option, page 25.*



## HEALTH

- Personal Meditation**  
*Towards balance and harmony*
- Onion Opinions**  
*Health and use hints*
- Garden Bounty, Chervil**  
*Gentle astringent herb*
- Festive Overload**  
*Stomach settling solutions*

## PRACTICAL DIY

- Simple Solar Food Dryer**  
*Hot air for preserving*
- Baskets Are Beaut**  
*Charming and practical*
- Solar Evaporative Cooler**  
*Natural air conditioning*
- Super Simple Solar Dryer**  
*A hot idea*
- Clues With Glues**  
*Stick 'em up*
- The Ubiquitous Ice Cream Container**  
*Novel plastic reuse*
- Simple Water Saving System**  
*Terrific watering technology*
- Recycling Runs Riot, Trolley To Fox Trap**  
*A cunning idea*

## FOOD

- Mallacoota Fish Smoking**  
*Resourceful camp cooking*
- Tasty Stocking Fillers**  
*Gifts from the kitchen*

## REGULARS

- Gumnut Gossip*
- Livestock Health & Management*
- Eco News*
- Feedback Link-up Feedback*
- Kids Page*
- In The Kitchen*
- What's On*
- Round The Market Place*
- Recent Releases*
- Down Home on the Farm*
- Penpals*
- Grassifieds*

## COVER PHOTOS

**Front Cover:** Kelly Hamill has turned her herb-growing hobby into a career, and now sells herbs and skincare products at markets and by mail order. Read about her herb farm in Victoria's Strathbogie Ranges on page 9. Photo by Marcel Aucar.

**Back Cover:** Children grow and learn in a free and adventurous environment. Bev Collett describes her community experiment and experience on page 6.

- Bette McFarlane** 19
- John Mount** 24
- Cheryl Beasley** 28
- Sally Carr** 54

- Nevin Sweeney** 14
- Mary Horsfall** 27
- Neville Jackson** 31
- Robert Millet** 53
- John Mount** 60
- Helen Bell** 63
- Charles Eadon-Clarke** 64
- Roberino** 66

- Ken Woods** 32
- Sally Carr** 67

- Megg Miller** 5
- 35
- 36
- 37
- 49
- 50
- 68
- 71
- 72
- Sunshine Miller** 74
- 75
- 76

Edited by Megg Miller and Mary Horsfall.

Published by Grass Roots Publishing Pty Ltd, Box 117, Seymour 3661. Ph: 03-5792-4000, fax: 03-5792-4222. For classifieds see page 76.

We take great care in selecting and verifying all material that appears in the magazine, but do not necessarily share the views expressed in letters and articles, nor do we accept responsibility for the accuracy of statements made by contributors. Printed by Newsprinters P/L, Melbourne Rd, Shepparton 3630.

Ph: 03-5831-2312. ©2002 by Grass Roots. No part of this publication may be reproduced without written permission of the publisher.





## GUMNUT GOSSIP

by Megg Miller.

December again, Christmas just around the corner, no presents purchased, nor even a list written out. No one here has had time to even discuss their Christmas plans. One year we won't be surprised by how quickly the months have sped by, instead we'll plan and organise early so we can eagerly anticipate the festive season.

With the party season so close you might be thinking the pic of the little gosling below is a promo for a feature on fattening and finishing the festive roast. Not so, he is a special little character and definitely won't ever adorn a dinner plate.

Although our business is publishing, just occasionally we have to baby-sit orphan and abandoned young, mostly from my place. Frisky Fred, as we called him, was the first of a number of mis-mothered tackers that had to spend their initial days being nurtured in the office. A couple of days extended to a week or two because they were so gorgeous. Fred, being the first, got preferential treatment – cuddles and the run of the floor. Sue in particular was smitten by Fred and the mates that soon followed and happily adopted Fred and Fredrika. They were a lot of fun, but did decorate the office floor and narrowly avoided being walked on several times. The others also found good homes, but it is rather a relief the hatching season is over.

What is not over is the widespread drought and the hope that readers are managing as best they can with feed and water for livestock and in keeping precious garden plants alive. We have

been amazed by the change in attitude from water authorities and councils about backyard tanks. Suddenly urban residents are being encouraged to install small tanks for water collection for their garden and, even better, to collect and reuse grey water from the shower and washing machine. It is only a short time ago that it was impossible to get permission to install a tank in various suburban areas. Thank goodness sanity has prevailed. We're hopeful that realistic water collection and use will become the norm and not just for extraordinary times. We have a few tips on water use this issue and would love to hear how you make the most of your limited resources.

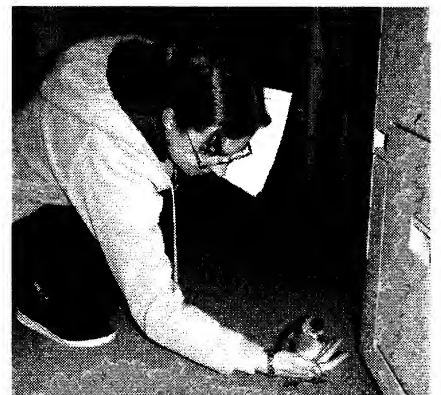
The office has been a hive of craft activity for the last month as bits and pieces have been put together to illustrate our Chrissie articles. We loved the story on revitalising an old basket by constructing a snazzy fabric liner and Mary generously lent one of her baskets as a model. Sabrina surprised even herself with the professional standard she achieved making the liner, and then went on to make a Santa and other pieces. We hope you feel inspired to try making the liner even if it's after Christmas, and that you knock up some of the last minute gift suggestions both Mary and Sally have shared.

One of the reasons Christmas has crept up on the office is that we've all been preoccupied with real estate. We've followed Mary's building development and enthused with her over taps, paint colour and blinds, admired

Sally's floor plan and picture of a little unit she and partner Jim purchased, commiserated with Suni over the difficulties of removing staples from wooden flooring and looked at pictures of houses for sale with Sabrina. There has definitely been an emphasis on home rather than garden, which makes a change because last year the office was reminiscent of a plant nursery as different members of the team exchanged seedlings and unwanted shrubs.

The practice of exchange is acceptable to most people, receiving unsolicited mail of an extreme nature isn't, judging by letters of complaint we've received. It's been an issue for years; an individual passionate about a particular belief or way of life bombards GR readers with gloom and doom material. Clearly they use the letters in Feedback for a database. We're concerned this is happening and never ever give out addresses. Bin or compost this material or, if it really offends you, return it to the sender.

'Don't forget to wish everyone a happy Christmas,' I've been reminded. Of course I wouldn't forget such a pleasant task. The festive season can be a tiresome time and there is no doubt the celebrations have strayed from the original occasion. Consider it a privilege to have friends or family or neighbours to spend time with, to sup happily and share simple gifts between. Christmas can be as extravagant or everyday as you like; it's about people and faith in our goodness. Enjoy this special time and we look forward to sharing with you in 2003. ♡



# EXTENDED FAMILY

## A Communal Experiment

by Bev Collett, Nannup, WA.

*There are two lasting legacies we can give our children. One is roots; the other is wings.*

Anon

'You're doing what!' a group of our friends chorused when we told them that we had decided to invite our three sons to live on our newly purchased property. We had spent a beautiful day showing 'Tathra' off to our visitors. Brian and I still couldn't get our heads around how lucky we were to leave stressful jobs in the city to start a new life on a derelict farm in an amazing valley, four hours drive south of Perth. Our lifestyle was basic. We were living temporarily in an old shack while

building our passive solar multi-level home from stone off the farm. We were deliriously happy, full of idealistic dreams, and ready to do magic with our mountainous 150 acres.

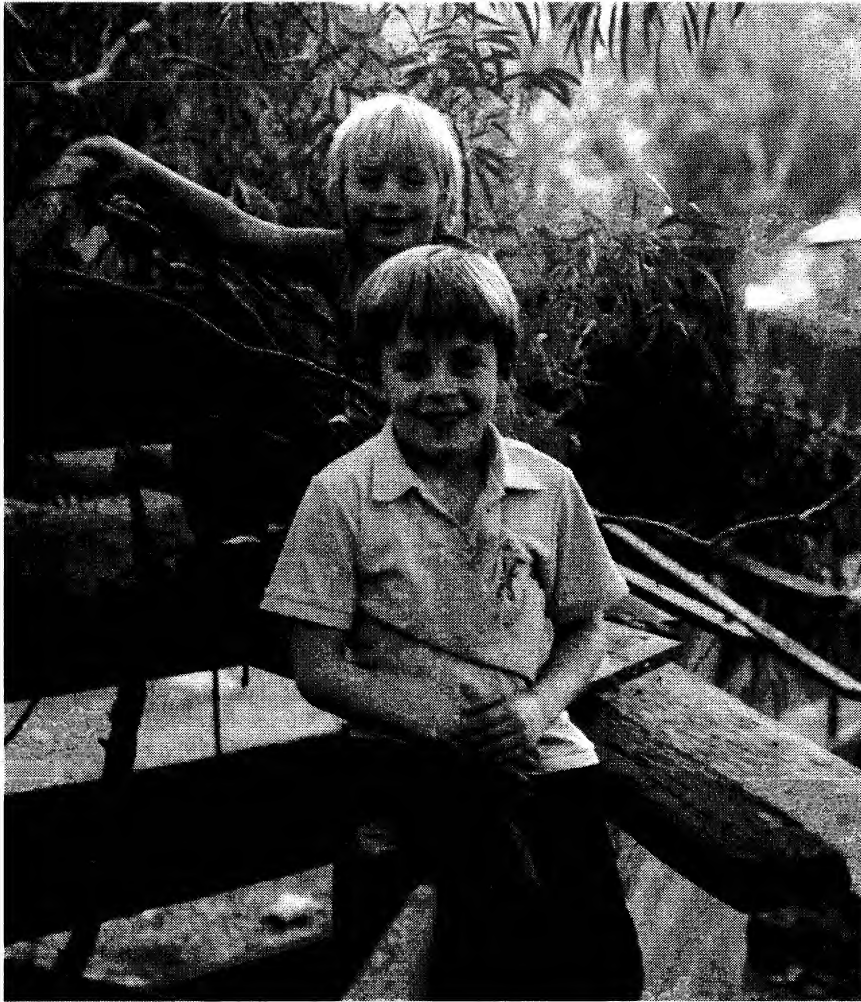
Two of our sons accepted the invitation immediately. Brad had recently married and Greg married soon after. David, who lived in Sydney, followed several years later when his marriage ended. His two children were to become part of the 'Tathra' family, spending every holiday on the farm.

Fresh air and country life are inspirations to propagate, and we were blessed with seven grandchildren in seven years. David later remarried and two more babies were born.

The farm was planned with children in mind. Each family group had their own home, but we all came together for a feast on special days and working bees such as shearing where the whole family lent a hand. These occasions were looked forward to; the number of workers lightened the load and the



The children were never short of playmates to share the fun, nor of willing adults to play with, nurture and guide them.



A common sight at 'Tathra' was a tree with branches full of children, either picking the fruit or building tree houses.

excuse for a social was heightened. There would often be one baby feeding, another asleep on a pile of fleece, while we caught up on the shearers' stories and spent 'smoko' munching freshly baked scones slathered with homemade jam and cream from our house cow.

We'd undertaken full-scale planting soon after purchasing the property and soon found that children and trees were a natural combination. I interplanted London planes and oaks with fruit and nut species along the sides of the driveway, so when the children got off the school bus there would be shade to walk in as they made their way home. For years the kids arrived home with mulberry stained faces and caps full of chestnuts or succulent nectarines. They knew which fruit was

ready to pick anywhere on the farm; a tree with branches full of kids was a common sight.

They also knew how to amuse themselves. Cardboard sleds were a source of delight on the steep banks of the dams, as were cubby building and BMX tracks. There were little warriors digging and carting boards from all over the farm. When they tired of building, there were always the river, creeks and dams.

'Tathra' had been uninhabited for over 20 years and we had to put in all of the infrastructure: roads, fencing, dams and electricity. We built four houses, a restaurant, a winery and holiday apartments. The constant shaping and building was food for young minds. The kids could identify tools from the age of four and were often on

the building site, saving valuable time by handing tek screws or nails to the workers and taking pride in the combined achievements as the building progressed.

They have seen the businesses grow from their embryonic beginnings. Some have worked in them, waiting tables, washing dishes, cleaning, gardening and helping with the wine making at vintage time.

Greg's workshop was a magnet to the boys where he taught them about motor mechanics and they repaired their motorbikes under his guidance. Similarly, Brad's music and wood turning skills have inspired some of the children, and Jane's love of sport encouraged their involvement from an early age. Football, basketball, netball . . . there was always a game on somewhere that saw Jane heading off with a car full of kids.

Music has always been part of life on 'Tathra' and family and friends regularly came to jam. The sounds of melodious voices filled the valley. There was often a baby cradled in a participant's arms as he picked at the strings and practised his repertoire. As soon as the children were old enough their music lessons began.

The children's concerts were the highlight of the year. Danielle, a born entertainer, was the catalyst for the shows. As soon as she arrived home for the holidays she and Emma set about organising the seven boys into the roles they would play. Rehearsals went on for weeks. One rendition of Madonna's 'Material Girl' was particularly memorable. Danielle sashayed across the stage in her Madonna-like outfit – or lack of outfit – and her father shot bolt upright in shock. The boys whooped and howled. One-year-old Murray attempted the gyrations in his bunny pyjamas with a bottle in his mouth. Emma, having rehearsed her part for days, collapsed in a giggling heap. The farm dogs ran across the stage. The audience reaction turned from open-mouthed shock to roaring laughter. Like a true trooper Danielle continued her performance to the end without missing a beat.

There was not only the sound of music in the valley, there was often the sound of motorbikes. Brian's lifelong





From a young age children shared in and learned from the productive work of the property.

passion for dirt-bike riding was fostered in our sons, and, in turn, our grandchildren. As toddlers they begged to be taken for a ride, throwing themselves down in tears if they didn't go. By the age of four they learnt to ride small 'pee wee' bikes. As they grew, so did the bikes. Soon they joined organised club runs with the men.

Christmas is the biggest social event at 'Tathra'. When the children were younger the countdown started early in November. By the time the big day arrived there were nine very excited little souls. The traditional three-metre-tall fresh pine tree was decorated a week before, the boxes of prized decorations carefully hung. On Christmas morning everyone would make their way to our house for the exchange of gifts, after which the youngsters were whisked home for a rest before the lunch that everyone contributed to – decorated legs of ham, turkey, salads of every conceivable variety, and trifle to finish with. We placed tables end to end to accommodate the numbers which invariably included extras.

Camping in the bush has always been a family tradition. The 'Tathra' kids were into it from birth. They had a small tent on the back lawn when they wanted to camp with their siblings and

cousins at the age of three or four. As they grew, the tent was pitched further and further away. They were undergoing a natural rite of passage. Each expected and knew that they would venture into new territory as they grew older. Sometimes the passage was too difficult and they retreated to familiar ground to build the courage to go again.

All the time their interactions with nature instilled a love of and wisdom about the bush and living things. This became apparent one day when a TV crew was doing a story on 'Tathra'. The presenter saw the two youngest boys marroning on the jetty. She asked them to pull up their nets and show the viewers the local crustaceans. 'What's that?' she asked pointing to the catch. John, then four, picked up the marron and turned it over. 'It's a female,' he said.

People ask what it is like living in an extended family on the same property. In the beginning it was a Utopian dream. Some called it naive and foolhardy. I believed it had a deeper purpose than any of us could understand. Relationships are a challenge when there are two participants . . . try seventeen. All families have good and bad times and families living in paradise are no exception. Communal living has

taught me to live and let live. Eventually, our needs and individualism brought us to the recognition that our idealism should be modified and so the 'shared' component was abandoned with each household assuming a life of its own.

What has it been like? It's been an incredible experience. We know each other; we have shared our lives; we have comforted and supported each other; we have alienated one another and argued and been disappointed. But through it all there are deep bonds and love.

Now the children are growing up and the older ones are leaving to make their way in the world. I look at them and see happy, outgoing, open human beings. It has truly been a gifted start for them. They have had a diverse group of adults to relate to and learn from and the rare experience (in this country) of having grown up with the support of an extended family. They were allowed the joy of play for as long as they wished and their creativity and imagination were fostered in a loving environment. Although I admit that my heartstrings are tugged in missing them, I am left with priceless memories of seeing them grow into the beautiful people they are today.

Beverley has published a book about the family's experiences at 'Tathra'. *Escape From The City* is an inspirational, moving, and often funny account of three generations living, learning and working together. It's available from: Beverley Collett, 'Tathra', PO Box 102, Nannup 6275. Price is \$24.95. Ph: 08-9756-2040 for more details. ☺

## \$ Making Money \$ From Home

It's easy when you know how! And the best way to find out how is with the magazine **Australian Business & Money Making Opportunities**. Every issue is packed with information on business and money making opportunities (full or part time). It's sold from Newsagents across Australia and N.Z. and is found in the business section. To get a recent issue and details on 125 Australian Business Start-Up Guides send 4 x 45¢ stamps (covers p&h) with your name and address to:

AB, PO Box 5518, Dept GRM, South Windsor, NSW 2756.

We also produce the following guides: 101 Money Making Opportunities, How To Profit From Your Handicrafts & Hobbies, How To Start A Mail Order Business, Making Money From Flea Markets, Making Money With Your Camera, Making Money With Your Home Computer, Start Your Own Import/Export Business, How To Organise A Successful Home-Based Business. FREE DETAILS SENT ON REQUEST.

FAX: 02-4577-6942 or Visit our website at:  
[www.profitcentre.com](http://www.profitcentre.com)

AAA Media Network, 3 Bradley Road, South Windsor, NSW 2756

# Making Money from Herbs

by Sunshine Miller, Carlton, Vic.  
Photos by Marcel Aucar.

When Kelly Hamill was a child, her father Daryl told her, 'If you can turn your hobby into your career, you're doing all right.' Now, standing in the middle of her organic herb garden, she couldn't be happier.

'I'm living a charmed life, I often think. I have my dog and cat with me at work, and I can spend as much time in my garden as I like,' she said.

Her business 'The Herb Shack' incorporates a commercial herb farm and a natural skin care range that Kelly makes and sells at markets and via mail order.

Now in her early thirties, Kelly took the plunge and sold her house 12 months ago to fund her dream, planting just one rotary-hoed paddock with herbs. She chose a north-facing slope on the property she shares with her parents, which is located in the picturesque Strathbogie Ranges, near Violet Town, Victoria. Now the plants have grown so much she's having to cut them back.

'The winter before last it actually snowed here. Most herbs are dormant in winter so I'm hoping such cold weather won't have too much effect. It will certainly sort out what I can and can't grow.' Kelly estimates she has spread 300 bales of straw mulch as protection so far. 'I really should wear gloves,' she said.

The site is blessed with fertile soil and a gravity-fed water system with high pressure.

'I'm lucky I've got such good soil. At the TAFE herb production course I did, the teacher warned us there was always someone in the class everyone would have "soil envy" over. In our class, it was me,' Kelly said. The water pressure, however, was a challenge at first. 'I was blowing irrigation clips everywhere when I started, and I thought it was the clips. I couldn't work out what was going wrong. Eventually I realised it was too much pressure.' She now has 10 hoses going out from the main line to water various



Kelly Hamill enjoys spending time in her beautifully designed herb garden.

sections of the farm, and monitors the pressure carefully.

Kelly has well and truly earned the title of 'workshop queen' within her family, going to open days, doing courses, completing certificates and helping with open gardens in her quest for more knowledge. 'I'm probably getting too advanced for some of them now, but you always pick up a new hint or two, and its good networking,' she explained. The latest was on native plants, and has inspired her to make plans to revegetate 30 percent of the property with indigenous species, and grow a range of native plants to harvest and sell as cut flowers.

## THE HERB FARM

Whether it is because of her solid training, or her background working as a stylist for an advertising company, Kelly's herb farm is quite beautiful.

There are the traditional Provence-style rows of rosemary, lemon verbena and dog roses, framed by borders of bay, oak and ginko trees, grown for their healing leaves and bark. Crops of sage, thyme, parsley and more intersect the rows. Her six chooks are situated in a movable A-frame and yard, and happily forage through the grass. The focus of the paddock is her 'shack', built by Daryl, a spanking new garden shed-cum-office, with verandah, wicker hanging baskets, terracotta pots of herbs arranged in casual groupings and a rustic chain and barrel water catchment system. The solar panel on the roof operates an electric fence around the little farm, which keeps out all predators except the koalas, who like to sit on the corner posts and watch her at work.

'I chose a site accessible to the road with the idea I could open the garden and herb farm to the public one day.

Then I thought, why not do what I really want, and make it as attractive as possible?' Kelly said.

The garden section is designed in swirls and curves around three circular beds. Paths were dug out and filled with sawdust, and the soil used to build up the beds. The herbs were planted on a companion planting system: one circle has strawberries with pyrethrum and borage. Another bed has three Ballerina apple trees under-planted with violets, dotted around with ornamental kale, chives and comfrey. Along each side a symmetrical curving line of baby carrots winds through the other plants.

'It's fun being creative, and the companion planting really seems to help the herbs and vegies,' Kelly explained.

She is committed to organic and biodynamic principles, plants by the moon, makes her own compost and uses biodynamic preparations. 'I've been making liquid compost. Now that is really stinky water,' she said, 'but the plants love it.' Daryl made her a bottomless pit of manure, which has been particularly useful.

## LOTIONS AND POTIONS

It will be a year or so before the herbs start paying for themselves, and Kelly found she had nothing to do on rainy days when she couldn't garden. This led to the second part of her business, which Kelly calls 'her creams', but actually goes under the label 'The Herb Shack'.

'It all started with herbal ointments, because I was very interested in the healing properties of the herbs I was

learning about and growing. Then I found out how many chemicals and preservatives were used in commercial skin care products and started making alternatives for myself and my family. They liked the products so much they talked me into marketing them and now I have a wide range.'

Products include lip balm, rose moisturiser, calendula ointment, lavender mist, cleanser, eye gel, masks, hand balm and different soaps, including a chocolate soap that smells truly edible.

'The next stage is to build a drying room and start drying the herbs for sale. I'm also going to expand my range to include a natural deodorant and a pest-repellent mist now the weather is getting warmer. Also, everyone has been asking me for comfrey ointment, so I've just made that.'

Kelly is able to obtain many supplies, like sawdust for the paths, cheaply as waste products. While putting the irrigation system together, she also learnt that sometimes doing things the cheapest way is not the most economical way. 'A lot of people don't care about quality, but it's very important to me,' Kelly said. She has a stall she takes to markets which includes trestles, marquee, stands for attractive signage and displays for products. 'If you take your business seriously, then it's a worthwhile investment to look professional,' Kelly said. Her products are beautifully packaged and labelled and she wraps each item for customers in brown paper and raffia.

When she's not at markets, Kelly is usually to be found in her herb farm propagating cuttings, with her dog, who'll be hiding from the cat, and the cat, hiding from the chickens, and the two orphan lambs, who are afraid of no one. She's enjoying making a career out of what she loves. 'I also teach guitar, but I realised pretty early I'd never be a rock star. I think I made the right choice,' she laughed.

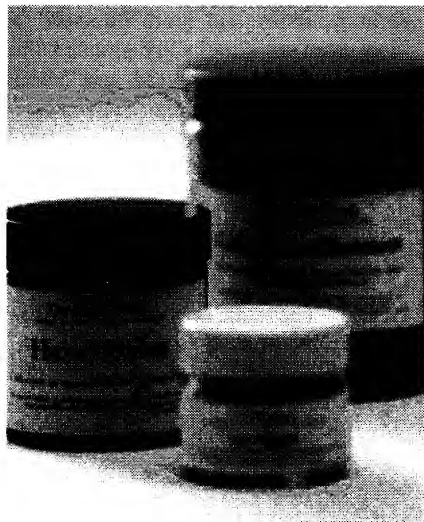
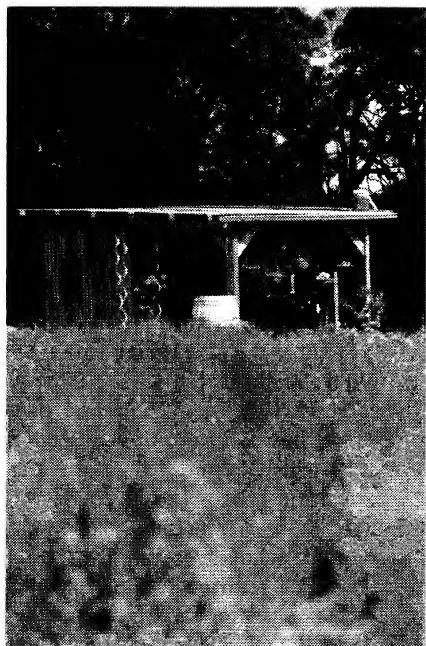
Products range from \$5 to \$12. For enquiries, phone Kelly on 03-5790-8533. ☘

Left: The Herb Shack products.

Top right: Kelly's chooks.

Top middle: Winding garden beds shape themselves around circular beds.

Bottom right: The 'shack' Daryl built.





# Travelling Safely In The Bushfire Season

by Joan Katherine Webster, Castlemaine, Vic.

**Joan Webster, author of several books on bushfire safety and recipient of an Australian Fire Protection Association Community Service Award, shares her expert advice on travelling during the bushfire season.**

Holidays, business trips and weekend drives take almost every Australian into areas where, through lack of understanding, they could be endangered by bushfire. Not only in summer. Many have no idea of even the basic requirements for safety. Most have a misplaced confidence in cars as shelters during a bushfire. The dangers have not been spelled out in official bushfire safety brochures and automatic faith in them can be fatal.

Bushfire researchers have found that cars can be depended upon to give protection only where flames last for less than 10 seconds. The flame on a burning blade of grass is finished in 5 – 10 seconds and the heat radiating from a grassfire front is burnt out in less than a minute. Flames in undergrowth and forest trees last for 5 – 15 minutes, can rise to twice tree height, and the radiant heat thrown out can equal the output of a small electrical power station.

In such conditions, even in a 10-metre forest clearing, the radiant heat reaching a car could prove lethal. Just think how unbearably hot the car seat can become in a parking lot on a hot day. In a forest fire, the duco of a car 4.5 metres away from three-metre, 40-degree flames can burn in 15 seconds. Upholstery and trims can burn within a minute and unbearable pain from hot car fittings on bare skin usually forces shelterers out into even worse danger from killer radiant heat in the open. In a large enough, properly cleared area, the fire will go over and around a car, but, as the flames of forest fires can scorch from as far away as 100 metres, a bare ground clearing of this radius

around a car is needed.

Cars are safe shelters only from grass/crop or mild forest fires. The relative safety of a car as shelter during a bushfire depends on fire intensity, flame height, amount of vegetation, diameter of clearing and condition of car. Cars with soft tops (canvas or vinyl roofs), or those with fibreglass cabins, cannot be depended on as safe shelters in any fire.

There is a general fear that petrol tank explosion is the greatest danger from sheltering in a car during bushfire. This is not so. Tests have been carried out which show that intact metal tanks won't explode. Caps can blow off, but if they do the fumes burn harmlessly like a gas jet and can be smothered with a blanket. Plastic petrol tanks, however, are more vulnerable.

Experiments conducted by National Bushfire Research Unit, CSIRO

researchers Phil Cheney and Andrew Sullivan, have shown that for explosion of a car petrol tank, an exact 14 percent mixture of petrol vapour to air is needed. When the heat from a bushfire causes petrol to vaporise, this expels air from the top of the tank, making the mixture too rich for explosion to happen.

In their book *Grassfires, Fuel, Weather and Fire Behaviour* (CSIRO Australia, 1997), Cheney and Sullivan point out that the time taken for a car to burn is quite long. (Long enough to use car shelter safely during grassfires, but not long enough to be safe from a forest fire.) They explain the way in which cars are ignited and burnt during bushfire. First to catch are the tyres. This is why the ground around and under a car shelter needs to be bare. From the tyres fire moves to the engine bay, into the oils and greases around the engine, then car linings, with the petrol tank last.

On hot windy days – days designed for bushfire – avoid driving on narrow, bushy roads. On such days cancel trips into the country, especially areas like the Dandenong Ranges, Adelaide Hills and Blue Mountains. If you must go, take all the precautions listed below.

Be aware that major highways are not immune to bushfire danger. NSW's Great Western Highway and Pacific (F3) Freeway; Victoria's McIvor Highway; Princes, Hume and Geelong Freeways; the Federal near Canberra; and South Australia's Glen Osmond Freeway are among those that have been cut by bushfire. Some for days.

No traveller should suddenly be trapped by a bushfire. Be constantly



vigilant and there will be time, if you smell or see smoke ahead, to turn back to a town, or to park in one of the safe pull-up places listed below. Keep the radio or CB on for bushfire warnings. Do not drive downwind of smoke or through smoke. Never, under any circumstances, drive through flames. Those flames will soon burn out and move on. They can only burn where there is fresh vegetation. Understand that you are safe in a burnt area and that fire travels fastest uphill.

Travellers don't need to be close to a fire front to be endangered; bushfire has the ability to start spot fires far downwind of its flame front. Forest fires can send burning embers blowing eight kilometres, and grassfires 100 metres, ahead. In unstable gusty weather convection columns – huge smoke towers up to 10,000 metres high – can form, carrying sparks and embers on high atmospheric winds. These have started spot fires 30 kilometres away.

The further south you are in Australia, the later the bushfire season starts. Around Darwin, it can start as early as May. The normal northern NSW start is October; southern NSW, Victoria and South Australia, and the south-west of Western Australia, November – December; Tasmania is usually January. But don't be complacent at other times. Exceptional seasons can change the schedule. Over one million hectares burnt in South Australia in August 2002.

## PREPARE BEFORE TRAVELLING

Before you travel anywhere in Australia during the bushfire season:

- Check exhaust system, flange

### A COMMERCIAL OPPORTUNITY

Norfolk Punch Australia is keen to connect to an energetic couple or individual who currently have experience in markets, fêtes, fairs and other similar public event tading.

Norfolk Punch manufactures a number of unique herbal products including beverages, sauces, teas, honey blends and body treatments. This is a very simple commercial arrangement whereby you purchase the product wholesale and subsequently retail. If you are the sort of person desiring to be the master of your own destiny, then this could be a unique opportunity for you. You may view the range of products on [www.earthimages.com.au](http://www.earthimages.com.au)

For further details contact:

Blair Montague-Drake

Norfolk Punch (Australia)

Batar Creek Road, Kendall, NSW 2439

gaskets, pipes and mufflers and lubricate bearings to avoid starting a fire in roadside grass. Check fuel lines and tank, radiator and carburettor. Vapourisation in hot bushfire weather can cause stalling.

- Buy fire extinguisher, knapsack, herbicide sprayer, pure wool or Firestop blanket and Rakeho for emergency vegetation clearing; battery-operated radio and mobile phone; a copy of *Essential Bushfire Safety Tips* for the glove box.

- Prepare a survival kit (as described in *The Complete Bushfire Safety Book*) for each traveller.

## IF ENDANGERED

### Suitable Pull-Up Places

- Farmhouse. Ask for shelter in the house.

- Wayside stop. If toilets there, shelter in them rather than the car.

- Close under a cliff above which a fire is approaching. The fire will jump over you.

- Sports ground, picnic ground, golf course, school ground.

- Beach, rocky ground, fallow paddock; in a quarry.

- Do not shelter under trees. Pull-up area must be cleared of vegetation.

### How to Take Refuge in a Car

Protective clothing or coverall is vital to keep you safely within the shelter of your car in a roadside bushfire emergency. Strong cotton overalls and pure wool blankets are suitable.

- Park on ground cleared bare for at least 10 metres around, below and above.

- The width of clearing needed depends on height and slope of approaching flames.

- Rake litter from under the car and for a space of at least two metres all round. Scatter it well away.

- Park the car facing into the wind. If the fuel tank ignites, its flames will blow away from you.

- Turn the engine off. Put lights on. Other travellers will see you in the smoke and not crash into you.

- Close doors, windows and vents. Turn off air conditioner or turn to recirculate.

- Put on protective clothing, nose mask and goggles from survival kits.

- Spread protective cream or even mud on face and hands.

- Cover packrack and trailer if possible with nonflammable cover.

- When embers fall thickly or the fire front arrives, get into the car.

- Erect aluminium windscreen shades or place blankets or towels against inside of windows.

- Activate windscreen wipers to dislodge hot ash.

- Cover seats with pure wool blankets.

- Lie, covered with blankets, on seat or floor. Cover pets with blankets.

- Spray water on occupants if possible. Drink frequently.

When flames are over one metre high, it is more dangerous outside than inside. Remain in the car until the fire front has passed and you can emerge onto burnt ground. (If forced out of car by heat or fumes, lie flat under car covered with a blanket.) Drive away from fire, even if this is not the direction of your destination, through burnt areas only and with lights on. Never drive or wander into an area that could still burn.

### Caravan Parks

If you are in a caravan park when bushfire threatens, don't attempt to move the van. When many vans try to move at the same time few are likely to get anywhere and wherever you go would be in danger from spot fires.

Safeguard the van by closing hatches and stone guards. Dressed in strong protective clothing and with wetted towel over your nose to filter smoke, you could protect the van with mops and buckets of water. Personal safety can be assured in the park toilet block.

Learn and follow bushfire season travelling rules and you are unlikely to be trapped in a situation you can't handle.

Joan Webster's *The Complete Bushfire Safety Book* (Random House, 2000) is the in-depth, definitive work on bushfire protection for the public. *Essential Bushfire Safety Tips* (Random House, 2001) is its pocket version. She is also the author of *The Complete Australian Bushfire Book* (Thomas Nelson, 1986; Viking O'Neil, 1989) which might still be available in libraries. ♡



# I Still Love Christmas

... EVERY HECTIC MINUTE OF IT



by Jose Robinson, Pomona, Qld.

Then, I loved the air of anticipation and excitement shared with my young family around me, the hurried whispers as we kept secrets from each other. Now, I still love the apprehension and activity as I share this wonderful time with my grown-up family and their children.

Then, I loved cooking the Christmas fare – cake, pudding, mince pies – and the feeling of wellbeing when the larder was full. I loved the visitors who brightened our house with their conviviality. Our custom was to share 'open house' on Christmas morning. Now, I still love cooking our Christmas fare. Some of my special recipes date back half a century. I enjoy having my pantry bursting at the seams with Christmas goodies (hopefully made in early December). With only two of us in the nest now, we no longer have 'open house' on Christmas morn, but we seem to alternate spending Christmas Day either at our home with the rest of the family visiting, or we all troop off to one or other of the off-springs' places of residence.

Then, I loved preparing the house with the help of the children. We all helped unwrap the decorations so lovingly placed on the tree, and later carefully packed away for the next year. Some embellishments would be newly made by tiny fingers. We added some newly made baubles each year and tossed out any tatty ones. Now, I still put up the tree in early December, usually on my own. As some decorations become aged, I buy or make replacements myself. The remembrances which come from this happy task fill me with nostalgia, and even bring on the odd tear.

Then, I loved the Christmas tree glowing at night, filled with the small gifts the five children had so proudly made. Now, we don't worry about fairy



lights any more, and our own gifts to each other sit on a table under the tree.

Then, I loved sharing with the children the making of gifts where cost didn't matter, using glue, paint and string and their own initiative and creativity. Now, I still love presenting handmade gifts from my studio to family members. Sometimes potted plants too. (We all share a love of growing things.)

Then, we all loved the Christmas carols presented 'live' by groups in the shopping malls. Old familiar carols which breathed the very spirit of Christmas. Now, I still love Christmas carols, but the 'canned' variety blasted out at top pitch in the supermarkets fills me with dread, as the noise filters through the hustle and bustle of crowded shops.

Then, we all loved the excitement of Christmas Eve – the glass of drink and cake placed where Santa would be sure to see it while he filled the pillowcases at the foot of all the beds. Now, I still love our quiet Christmas Eve, just Darby and Joan together.

Then, I loved all children's faith that Santa could be everywhere in the world at once. That he could ride a reindeer sleigh when our Aussie temperature reached up to 40 degrees Celcius; that his jolly rotund figure could climb down a narrow chimney carrying a bag bulging with toys. Now, I still love attending our church services at Christmas where we celebrate the birth of a child long ago in a stable at Bethlehem. This is the *real* significance of Christmas. I hope that His spirit will stay with us while we celebrate Christmas 2002 and the Christmases to come. ♡



## CHRISTMAS POTPOURRIS

1/2 cup star anise, crushed

1/2 cup whole cloves, crushed

1/2 cup cinnamon sticks, crushed

1 cup orange peel pieces chopped and dried

or

1/2 cup allspice, crushed

1/4 cup nutmeg

1 cup rosemary leaves

1 cup lemon peel pieces chopped and dried

For both recipes combine all ingredients and place in bowl or bags. ♡

**BOOKS** on Useful  
Plants, Fruits, Nuts, Tree  
crops, Permaculture,  
Organic growing, Farm Trees etc.



Best selection in Australasia -  
drawn from world-wide sources.

Efficient mail-order service,  
contact us for free lists or  
access our web site:

<http://www.AOI.com.au/granny>

**Granny Smith's Bookshop**

Mail: PO Box 27 Subiaco WA 6008

Phone: 08-9381-2880 Fax: 08-9388-1852

e-mail: [granny@AOI.com.au](mailto:granny@AOI.com.au)

Ingrid Sims, 208 Nicholson Rd, Subiaco WA 6008.



# Simple Solar Food Dryer

by Nevin Sweeney, St Clair, NSW.

Back in GR 76 (Dec '89) I submitted a plan for a crude setup that could be used to dry food using the sun's rays (and incidentally raise seedlings if required). It worked, but because the food was exposed to the sun directly there was a loss of nutrients and in some cases colour/texture. The onions, for example, went brown. As priorities changed the setup was discarded and I now have a full size 'plastic' house (well I can't exactly call it a glasshouse can I?), but this did not help me with preserving the harvest.

For some time I have been interested in food preservation and have tried pickling, bottling and smoking, but was not really happy with the results; the flavours were not really to my liking. I found the commercially dried products and home-produced ones to be palatable, although some commercially dried materials contain sulphites as preservatives. I therefore decided that I wanted to use drying as my major means of home food preservation. I still wanted to use the sun as my power source, but rather than use the direct rays I wanted to use the sun to heat the air and then use the hot air to dry the food. It was time to do some research.

My library is a reasonable one, but most of the designs I had for solar dryers were the direct rather than indirect type, with one exception: *Reclaim Recycle Reuse*, by Alan B Hayes, published by Sally Milner Publishing. This gave a good diagram of an indirect solar dryer. I wanted more information and put a query on the Internet. In this way I found an article from the American magazine *Home Power* (#57 Feb/Mar 1997) called 'Design, Construction and Use of an Indirect, Through-Pass Solar Food Dryer'. The article was very technical and in-depth and gave detailed plans for a high efficiency unit 2.13 metres long by 1.83 metres high. (I saw it reproduced on a number of solar cooking sites so just put 'solar food dryer' into your search engine.) For me this was overkill in the

extreme, so I used it as the basis for mine and sacrificed efficiency for manageability. I figured that in Sydney with our abundance of hot sun (especially in summer) I could detune it a bit and it would still do what I wanted it to.

My main criteria for design were that the dryer should be not too expensive, be manageable by one person, dismantle for storage, and actually dry the food!

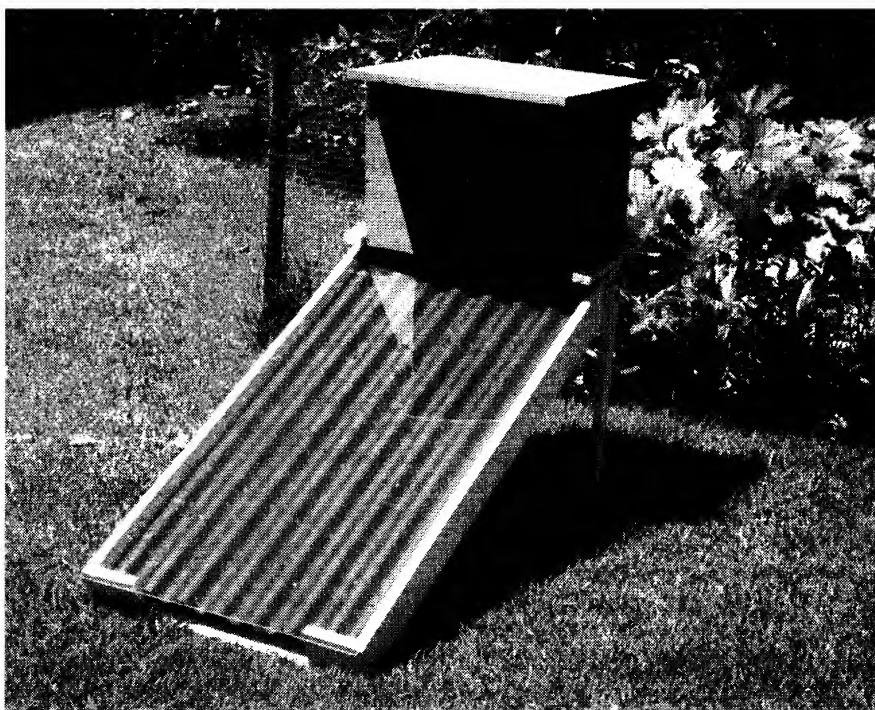
The dryer was designed in two modules: the solar collector and the dryer cabinet itself. These could be separated to store the dryer so that I did not clog up my already severely constipated garage/workshop even more.

## SOLAR COLLECTOR

I am a simple man, as I am sure that any of my family or friends reading this will agree, so I did not get involved in any arcane calculations when working out the size of the collector; it was based around the size of

the glazing material. I used a 1200 x 600 millimetre sheet of Laserlite® Handipanel which was available, light, robust and easily worked. At \$40 it was the most expensive single piece of the dryer. The backing was likewise a 1200 x 600 millimetre sheet of 6-millimetre medium density fibre-board (MDF). To form the sides connecting the two I used 90 x 19 millimetre pine. After I screwed the sides onto the base I then screwed in three one-metre lengths of 42 x 19 millimetre pine, one on each side and one roughly in the middle. This supports the absorber plate so that air on both sides of the plate are heated. I also put in two 90 x 19 x 100 millimetre pieces of pine in the air intake area to support the end of the glazing material. I cut the absorber plate to fit the inside of the collector from a standard sheet of that wonderful, all-purpose material – corrugated iron.

Before I installed the absorber I



This dryer uses the sun's indirect rays to heat the air which gradually dries the food.

gave it two coats of matt black solvent-based paint with a spray can. I put the finished plate out in the sun for a couple of days to make sure that all the solvent had evaporated. I didn't want to contaminate my healthy, organically grown vegies with solvent materials. It would be possible to use soot or other blacking material, but the paint was quick and easy – time is of the essence these days. The collector then got a coat of primer inside and out. I drilled out-sized holes in the glazing material and used self-tapping screws to attach the glazing material to the collector once the absorber plate was installed.

When I first used the setup, a trap for young players was revealed. The glazing material expanded in the sun, causing some bowing and air gaps between the mounting screws. The best thing would be to widen the holes into slots to allow for some lateral movement as the absorber heats up.

So that the absorber is on an incline, which improves airflow and heat absorption, I installed a leg each side of the absorber. These were made from 45 x 90 millimetre pine that was 580 millimetres long and were attached by 6-millimetre bolts so that they would swing back in line with the absorber when it was stood up, making for easier storage.

## DRYER CABINET

How big to make the dryer cabinet? I did some research on the cost of trays, usually made to order from flywire and flyscreen surround. To buy all the gear to make up four reasonable sized trays would have been \$60 – \$80, a bit of a slug, so I kept looking. In my local hardware store there was available a set of two readymade screens that were held together by two pressed steel rails, designed to go into the old wooden casement window as an expandable flyscreen. They were all metal and, while it wouldn't be a good idea to use them for a trampoline, they were robust enough to carry a good load of fruit or vegetables for drying. Even better, they were about \$12 a pair. Also, at 295 x 475 millimetres they *looked* about the right size, so I designed the dryer cabinet around them.

For the dryer case I had some old 20-millimetre thick plywood lying



around, so that's what I used for the top, sides and back door. The rest was constructed of 6-millimetre MDF. The top of the cabinet slopes up towards the front, both to shed rain and to direct the escaping hot air to the front of the unit, where there is an 85-millimetre high, full width gap. Not being a total fool, I screened this gap to prevent access to flies and other insects, but at the back access flap there were some five- to six-millimetre cracks that I did not think would be a problem. After the first use of the dryer, I found flies in there, so now these are screened also (standard fibreglass flyscreen material).

The back access flap where the dryer screens are put in was also 20-millimetre plywood and, because the unit might have to stand up to the rain, the hinges and catch were both made of brass to prevent corrosion. A wooden knob was also put on to pull the door open (funny about that!). I then screwed a strip of 6-millimetre MDF and some 90-millimetre wide pine onto the bottom of the cabinet so that there was only an opening wide enough for the hot air coming out of the absorber to fit in.

The only thing left to do was to mount the cabinet onto the absorber unit. After some considerable thought I screwed a 45 x 19 millimetre rail on each side of the outlet of the absorber, which worked out to be the right width for the cabinet. The cabinet now slides

between the two rails until the gap in the bottom lines up with the air outlet on the absorber.

## HOW DOES IT WORK?

Very nicely thank you! Here in Sydney the weather has not been as hot as usual for this time of year (Jan 2002) and in full sun the cabinet gets up to a temperature of 55° C to 60° C by mid afternoon, the morning temperature being about 45° C to 50° C. This has proved very effective in drying vegetables. So far I have successfully dried carrots, corn kernels, cauliflower, cabbage, onion, potato, tomato, zucchini, mushrooms and some precooked rice. The 'aroma' of the cauliflower and the cabbage have been concentrated considerably and the cauliflower has gone brownish, but everything tastes okay. There are lots of other things that can be dried this way, including fruits, fruit leathers, soups and made dishes as well as jerky and biltong.

## More Information

While there is a considerable amount of information about drying food on the Internet, I did find an Australian book that covers the subject well, it is called simply *Drying Food*, by Ricky M Gribbling, Hyland House. While I disagree with the author's comments at the start, that the only way to dry food is to use an electric dehydrator (because everywhere else is too polluted), the book is quite comprehensive and has many good ideas. Another book I have found to be handy (although it is American and based on electric dehydrators as well) is *Mary Bell's Complete Dehydrator Cookbook*, William Morrow & Co. It gives a huge amount of detail. ☛




**Food Dehydrator**

Vegies~Meat/fish~Fruit leathers~Raising bread~Making yoghurt~Arts/crafts~Flowers  
Features include horizontal airflow; large capacity interior; adjustable thermostat.

- \* Model 2900: 9 tray  
Dries up to 18 kg per day
- \* Model 2500: 5 tray  
Dries up to 11 kg per day

For more info & brochure:  
**Excalibur Box 203, Tolga. 4882**  
**Ph/Fax: 07-4093-3754**  
**Email: srocca@ledanet.com.au**  
**www.excaliburaust.com**

Channel Road, Walkamin Qld 4872

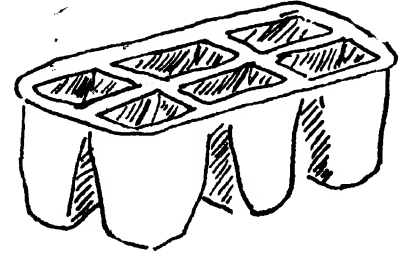
# Double-Ended Double-Duty Planting Tool

by Robert Millet, Coffs Harbour, NSW.

Over the years of gardening, and through its counterpart recycling, I've managed to save many seedling trays, both six-hole and eight-hole types. I use them to start my own seedlings and, when ready, transfer them to their spots. Anyone who has used these trays knows that one must squeeze the bottoms to ease the pyramid of soil up and out. After planting the seedlings, the plastic tray looks like the dog chewed it. Being a person who does not want to waste the tray, I had to poke my finger in the holes to make them tapered again. Well, this forces dirt up under the nails and feels gritty. I thought there must be a smarter way to refurbish these trays.

I found a length of pine about 300 millimetres long and cut one end to fit snugly in the six-hole tray and the other in the eight-hole tray. Now, when I want to squeeze the tray back to shape, I simply poke in the appropriate end and *voila!* the tray is as-new again. Plus, no dirt under the nails.

As usual with interesting ideas, I found another use for the double-ended tool. Because the pyramid of soil coming out of the tray has to go in the ground, it obviously needs a hole the same size as the tray hole. Well, my stick had just that size and shape. Now I can poke the stick in the soil, make the correct hole, ease out the plant, then use the stick to refurbish the tray hole.



Transplant shock is minimal, as is soil disturbance. The only situation that I wonder about now is this: Do plants suffer from magnetic transplant shock if they are growing in a magnetic orientation different from that when they were seedlings in the tray? I love gardening. It really stimulates the mind to unusual ideas and efforts. ♻️

you are the difference: join Friends of the Earth

scientists know that  
climate change is real



making  
a difference

Across the globe, Friends of the Earth is pressuring governments to take effective action on climate change. With active groups in over 68 countries, representing almost 5000 local groups, FoE is perfectly placed to get results. Your support is crucial.

**Membership:** ☐ \$40 Waged ☐ \$25 Unwaged ☐ \$50 Household  
☐ \$70 Organisation ☐ \$100 Supporting Member (\$60 tax deductible)

**Donation \$** \_\_\_\_\_ donations over \$2.00 are tax deductible

[www.foe.org.au](http://www.foe.org.au) :: [www.foel.org](http://www.foel.org) :: (03)9419 8700

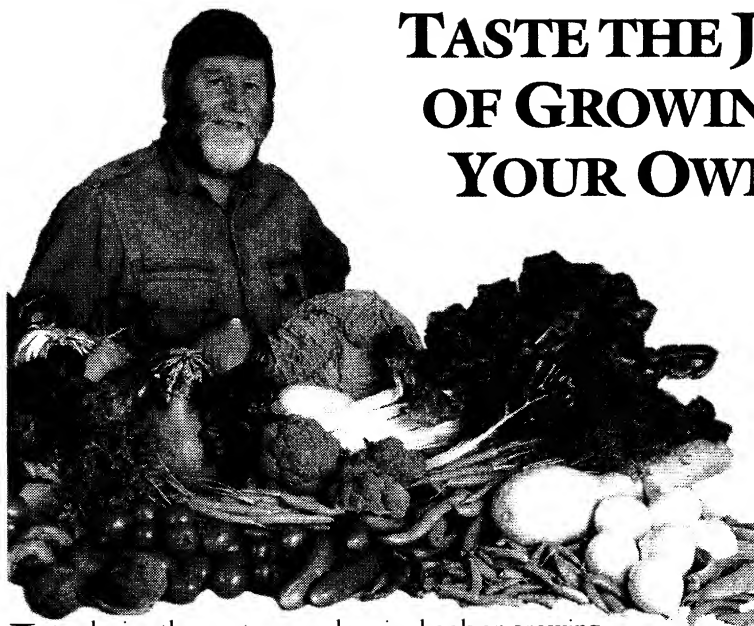
Please return to Friends of the Earth PO Box 222 Fitzroy 3065 Cheques Payable to 'Friends of the Earth' Email/Ph \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_



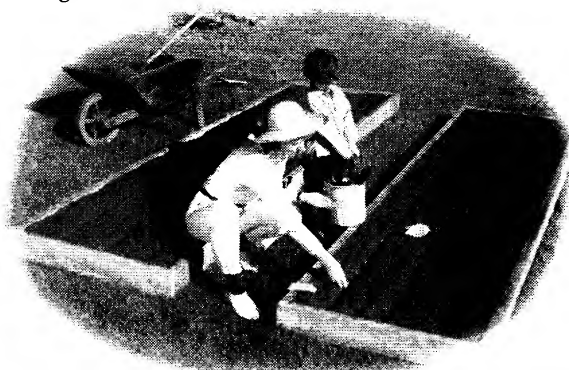


# TASTE THE JOY OF GROWING YOUR OWN

Introducing the most comprehensive book on growing vegetables without chemicals in Australia – 'The Australian Vegetable Garden', written by Clive Blazey, founder of 'The Digger's Club'.

## NO CHEMICALS AND NO GMOs

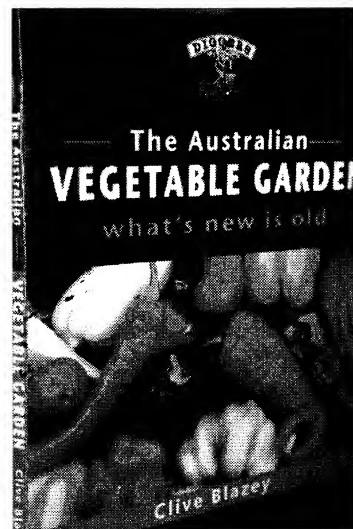
It's easy, rewarding, and will save you a small fortune in your weekly grocery bill. All while you get fresh, organic vegetables free from pesticides and definitely not genetically modified, right from your own garden. You'll get more variety, more goodness and more flavour from your vegetables.



Discover the pleasure of growing vegetables for your family

## MINI-PLOT – A YEAR'S SUPPLY OF VEGETABLES

'The Australian Vegetable Garden' will show you how to grow a year's supply of your vegetables in just a 10 square metre bed. That's less than the size of the average one car garage. Plus as a newly joining member of the Digger's Club you can purchase your first year's seed for your Mini-Plot free, a saving of \$28.60.



**Australian Vegetable Garden: 128 pages.**  
Retail price \$29.50, Club price \$25.00, just \$19.90 if you join the club for 1 year or just \$16.00 if you join for 2 years.

Join The Digger's Club **\*SAVE**  
for 1 year and save **\$38.20**  
\$28.60 on seeds and  
\$9.60 on the book.

## JOIN THE DIGGER'S CLUB

The Digger's Club is Australia's largest garden club, helping gardeners grow healthier vegetables and the best flowers. Enjoy reading five beautiful colour catalogues with 176 pages of advice in the comfort of your home. Save up to 30% on bulbs, perennials and shrubs (45% on our books) which we send direct to your door. Club members are offered up to 14 pkts of seeds free every year. Take advantage of our special offers to save immediately.



### DIGGERS DIRECT TO YOUR DOOR

105 La Trobe Parade, Dromana VIC, 3936  
Phone: 0359 871877 Fax: 0359 814298

Web: [www.diggers.com.au](http://www.diggers.com.au) Email: [orders@diggers.com.au](mailto:orders@diggers.com.au)

Mr/Mrs/Ms.....

Address.....

Postcode.....Daytime phone no.( ).....

Please enclose your cheque, money order or ☐ Mastercard ☐ Visa

☐ B/card (\$10 min)

Signature.....Expiry date /

	Enter Amount
Australian Vegetable Garden (club joining price \$19.90)	\$29.50
With a 2 year membership	\$16.00
Mini-Plot Starter Seeds (Joining members free)	\$28.60
Digger's Membership - 1 year	\$29.50
- 2 years	\$45.00

**\*SPECIAL CLUB MEMBERSHIP**  
(1 year), The Australian Vegetable Garden, free Mini-Plot Starter Seeds, free post \$49.40  
**\*SPECIAL** with 2 year membership \$61.00

TOTAL \$


GR1002

# Saving Water In The Garden

by John Mount, Woodford, Qld.

Ever noticed the lush greenery that grows near a dripping tap or a tiny leak from a water pipe? This idea can be utilised in the garden. Instead of spending money on a sprinkler or an expensive trickle system, a simple home-made slow dripping or trickling system can be easily made and installed.

First obtain some wooden stakes about a metre long and hammer them into the ground beside each plant you intend to water. Then scrounge some long plastic soft-drink bottles from somewhere and cut off their bottoms. Punch one or two tiny holes in their tops and screw them on tightly. Tie the bottles, with their screw tops facing down, to the top of each stake, ensuring that the bottle is suspended over or close to the plant. All that is required now is for you to fill the plastic containers with water and top them up every couple of days or

so. Naturally, the smaller the holes, the slower the trickle, the longer between refills. The more enterprising have been known to place a large funnel on top of each container in order to catch any rain that might fall between topping-up times.

Another idea for trickle irrigation is to hammer short lengths of metal water pipe in the garden beside fruit trees, ensuring of course that they are not rammed into clay, otherwise the bottom of the pipe will become blocked and the water will be unable to trickle out. (An electric drill can fix this problem by boring a few holes along the length of the pipe.) It's also important to ensure that the pipes are sunk to around the same depth as the roots of the trees or just slightly above. This idea I feel is superior to the suspended plastic bottles, in that because the metal pipes are cold in the soil, and much of the water is held in

the pipe below ground level, there is little evaporation and the topping up times are less frequent. In fact, one pipe in particular I topped up recently was still three-quarters full after one week!

A piece of redundant hose can be used as a sprinkle or trickle hose. Make sure that the hose is long enough to reach the tap or water source. Lay it along the garden – if it's long enough – in a snake-like wave pattern so that it reaches every part of the garden that's to be watered. Mark with a piece of chalk, or whatever, where the hose enters the bed to be watered and punch two rows of tiny holes a few centimetres apart along the entire length. Block off the far end of the hose, either by inserting a piece of round wood dowel into the end and tying with wire or a metal clamp, or doubling or tripling the end of the hose, and then tying or clamping it off. ♻

## Vegetables Herbs Flowers & Bulbs

Established 1923

Australia's best range of old and new varieties in Home Garden packets. Many special purpose varieties and definitely no Genetically Modified Seed stocked or sold.

Our FREE 40 page colour catalogue gives full details and is available now. Just mention GRASS ROOTS when requesting your copy. No obligation.



**New Gippsland  
Seeds & Bulbs**



**Internet:** [www.possumpages.com.au/newgipps/index.htm](http://www.possumpages.com.au/newgipps/index.htm)

**Email:** [newgipps@bigpond.com](mailto:newgipps@bigpond.com)

**Postal:** PO Box 1, SILVAN Vic 3795

**Farm:** 181 Queens Rd, SILVAN.

**Telephone:** 03-9737-9560

**Freefax:** 1800-088-077

ABN 57 027 073 558 ACN 006 612 988

## Why flush all that precious water down the toilet ?



Supplies the lowest cost, water-free, environmentally positive alternative to septics. No wonder thousands have been sold Australia wide.

**Waterless toilets available from \$665.**

- No water • No odour
- Owner installation
- Owner maintenance
- Expandable capacity

See it at [www.nature-loo.com.au](http://www.nature-loo.com.au)  
Or call now for a comprehensive info pack

**07-3870-5037**

19 Ivy St Indooroopilly Q 4068

# PERSONAL MEDITATION

## Try These Easy Introductory Exercises

by Bette McFarlane, Foster, Vic.

Meditating alone is a very personal experience. Using ancient Eastern and modern Western information, a personal meditation can be designed. During childhood we used to 'meditate' or tune out when relaxed or unhappy. Being childlike will help you meditate. A balanced and harmonised environment will bring you back to present moment living.

I started meditating during the late sixties when I met Swami Sarasvati. Being a single parent of four children, I found meditation helped me survive. I became a student and continued to do meditation and yoga through the seventies. During the eighties I studied Buddhism and went to Chenrezig Institute at Eudlo, Queensland. The nuns helped me to use meditation during my illness.

### LEARNING HOW TO BREATHE

Chi is the invisible life force of the universe. It is the essence of our existence. Prana is more than just the air we breathe. It is the vitality and life force of nature. Visualise the outgoing breath as a dark cloud of toxins and fatigue and the incoming breath as a golden cloud of energy and new vitality.

With a little practice you will soon be able to breathe in slow, steady, rhythmical cycles. You will experience a marvellous sense of relaxation and wellbeing!

Deep breathing stimulates the circulation to purify the blood, massages the abdominal organs to aid digestion, relaxes the nervous system and will pep you up when you are tense or depressed.

The harmony of opposites is found in all Eastern thought. So too there should be harmony between the incoming and outgoing breath. This will induce harmony between mind and body.

### THE MANTRA OF COMPASSION

*Om mani padme hum* is the mantra of compassion. Our minds are in constant motion, like grasshoppers jumping from one thought to another. By repeating the mantra over and over, we centre our minds on the words and sounds, eventually revealing the inner peace that resides in all of us. Our fears, conflicts, cravings and resentments are unlocked with this form of song. We can then develop patience, compassion, loyalty and love.

Start by repeating the words in your mind. When you feel peaceful try speaking them out loud. You will find that when you become familiar with the words your mind will conjure them up when you are most in need. You can use your own mantra.

*Om mani padme hum* is a great Buddhist mantram. It means 'jewel in the lotus of the heart'. When repeated many times it allows you to discover your heart centre, opening up the love and compassion therein.

### SEVEN POINT POSTURE

#### Legs

Assume a cross-legged posture with both feet on the floor. A firm cushion



Bette has been meditating for over 30 years.



Bette's home is an ideal place to meditate – quiet and peaceful – but a space for meditation can be created anywhere.



**FREE CD and Report Reveal...**  
**"How To Meditate  
 Deeper Than a  
 Zen Monk!"**

If you'd like to meditate as deeply (actually more deeply) than a Zen monk, literally at the touch of a button, this may be one of the most important messages you will ever read. Here is why.

Based in part on Nobel Prize-winning research on how "complex systems" (human beings, for instance) evolve to higher levels of functioning, a personal growth program has been created utilising a powerful audio technology called Holosync®.

A precise combination of audio signals gives the brain a very specific stimulus that creates states of *deep* meditation — and causes the creation of new *mind-enhancing* neural connections between left and right brain hemispheres.

**Now a New CD and Report Reveal..**

- The scientific evidence proving how Holosync® increases the production in the brain of many vital neuro-chemicals that can slow ageing.
  - How to achieve super-deep meditation, at the touch of a button.
  - How to dramatically reduce stress.
  - How to create remarkable emotional changes at the deepest level.
  - How to improve your emotional health.
  - How to heighten your creativity and problem solving ability.
  - How to have more restful sleep.
  - How to boost your intelligence.
  - How to increase your focus, concentration and learning ability.
  - How to enhance your memory.
  - How to increase your motivation and confidence.
  - How to have more happiness and "flow" in your life.
  - How to heal emotional blocks.
- The report on this amazing new technology and Holosync® CD (or tape), worth \$19.95, are FREE to *Grass Roots* readers for a limited time.

**Call NOW (24hr, 7 days) for your  
 FREE CD (or tape) and report on**

**Freecall 1800 70 70 47**

**www.meditate.com.au**

Earth Star Publishing, 3/1 Rokeby Rd, Subiaco WA 6008

under the buttocks will enable you to keep your back straight and sit longer without getting pins and needles in your legs and feet. If you are unable to sit on the floor, you can use a chair with a straight back.

**Arms**

Hold your hands loosely on your lap, right hand on top of left. Palms up with fingers aligned. The two hands should be slightly cupped so that the tips of the thumbs meet to form a triangle. Shoulders and arms should be relaxed. Your arms should not be pressed against your body but held a few inches away to allow circulation of air, this helps to prevent sleepiness.

**Back**

Your back is most important. It should be straight, held relaxed and lightly upright, as if the vertebrae were a pile of coins. It might be difficult in the beginning, but in time it will become natural and you will notice the benefits. Your energy will flow more freely and won't feel sluggish and you will be able to sit comfortably in meditation for increasingly longer periods.

**Eyes**

New meditators often find it easier to concentrate with their eyes fully closed. This is quite acceptable. However, it is recommended that you leave your eyes slightly open to admit light and direct your gaze downwards. Closing your eyes can be an invitation to sluggishness, sleep, or dream-like images, all of which hinder meditation.

**Jaw**

Your jaw should be relaxed and your teeth slightly apart, not clenched. Your mouth should also be relaxed, with the lips together lightly.

**Tongue**

The tip of your tongue should touch the palate just behind the upper teeth. This reduces the flow of saliva and thus the need to swallow, both of which are hindrances as your concentration increases and you sit in meditation for longer periods.

**Head**

Your neck should be bent forward a little so that your gaze is directed naturally towards the floor in front of you. If your head is held too high, you might have problems with mental wandering and agitation, and if dropped too low

you could experience mental heaviness or sleepiness.

You might find it difficult in the beginning, but it is a good idea to go through each point at the start of a session and try to maintain the correct posture for a few minutes. The practice of yoga can help in loosening tight muscles and joints. However, if you are unable to adapt to sitting cross-legged, you can compromise between perfect posture and a relaxed state. In other words, keep your body and mind happy, comfortable and free of tension.

**COMMON PROBLEMS**

Mental excitement, sleepiness, physical discomfort, strange images and sensations and discouragement can often be distractions for beginners.

Positive changes do not appear suddenly out of the blue, but develop gradually, so be patient with yourself. Remember that just making an effort to understand and control your mind *is* meditation. Try to do what is best for yourself and others and you can feel confident that your meditation is worthwhile. Be patient and don't worry!

**INSIDE OUT SMILE**

While your face muscles are relaxed, smile from the inside. Don't move the face, but feel the smile move out, from the inside, to your face. This smile makes you feel happy and peaceful. Practise this, so you are smiling from the inside out all the time. It shows on your face and helps prevent wrinkles.

Drinking water after meditation is the same as for after exercise. The mind/brain are being exercised, so keeping up your fluid intake prevents dehydration.

**References**

- How to Meditate, A Practical Guide*, by Kathleen McDonald (Sangye Khadro).  
*Yoga Fitness for Beginners*, by Swami Sarasvati.  
*The Way of Healing*, by Master Lam Kam Chuen.  
*Your Sacred Self*, by Dr Wayne W Dyer.  
*The Four Levels of Healing* by Shakti Gawain. ♀





# Our Foe The Fly

by Shirley Heale, Bundaberg, Qld.

'Take that, you brute,' I lunged angrily at the lone unfortunate fly in my kitchen. It had slipped past me as I came through the screen door. I winced at its flattened remains caught in the mesh of my fly swat, a touch of pity replacing my anger.

Down through the years our brains have been pitted against these loathsome creatures in an endeavour to outwit their cunning manoeuvres. They remain a constant thorn in our sides.

I shuddered as I saw again in my mind's eye the long unsightly strips of flypaper hanging from the ceiling of my childhood home in the days before flyscreens. The numerous winged insects in varying stages of decomposition, trapped forever in a morass of adhesive. My sensitive child's heart would feel a twinge of sympathy when I beheld these little creatures, struggling to free themselves. Secretly, I was glad when, after a period of time, the adhesive lost its grip. My protests, as another took its place, were met with my mother's firm explanation, 'Flies carry germs'.

Then there was the bottle trap, no doubt a prized collector's item now. This ingenious device consisted of a green glass bottle with a narrow neck and bulbous bottom. The base curled back into itself, leaving a circular opening and forming a moat which was filled with soapy water. A lure, in the form of sugar, was sprinkled under the bottle which was set on short legs. After having their fill of sugar, unsuspecting flies would fly upwards into the bottle to find their exit blocked by the bottle's stopper. Eventually, they would drop exhausted into the water beneath. Tempted to rescue the little victims from their watery grave, I was sternly rebuked, 'No, flies carry germs and the blowies send our meat bad'.

I would watch fascinated as my grandmother's busy fingers crocheted dainty little milk-jug covers. The edges were hung with pretty beads or shells



Dish covers like this one made from perforated wire, were popular for protecting cooked meat from flies.

which tinkled delightfully against the sides of the jugs, the contents of which were thereby protected from any winged invaders.

My special chore was to pop open the muslin food cover from its long slender form and encase our Sunday



Jug covers are still a useful item, especially when eating or drinking outdoors. This one was made from lace fabric with a crochet and bead edge.

roast dinner, while the meat and vegetables sat steaming their delicious aroma through the house.

Now, as I look around my home with its protective screens, I breathe a sigh of gratitude for the security they afford against those germ-ridden villains, the flies. ♡

## TRIED AND TESTED FLYPAPER

Did you shudder when you read the article this short piece accompanies, and remembered those 'long unsightly strips of flypaper hanging from the ceiling'? Ugly they may have been, studded with dead blowies, but, like a lot of tried and tested methods, they certainly worked.

You don't see rolls of flypaper around much these days. Flyscreens on windows and doors have put paid to that, but there is still a use for them out on the balcony, around the barbecue, or down in the shed. Try making up a few strips of flypaper from the recipes below and see how efficient they are.

### Recipe One

Boil raw linseed oil with a little resin till sticky. Powdered resorcinol (resin) is available in hardware stores. Be careful not to overheat as resin is flammable. Stir in half a cup of treacle. Mix well. Cut up strips of stiff brown paper and, holding both ends, seesaw strips through the liquid until coated, or paint on with a brush. Attach string to the top of each strip for hanging, and a disc of cardboard to the bottom to catch the drips – and any strong flies that don't adhere. Roll up any spare strips and wrap in foil, well sealed, until needed.

### Recipe Two

Another, probably more contemporary, method is to boil equal quantities of sugar, corn syrup and water together. Dip thick paper strips into cooled mixture and hang them in a suitable spot. The flies will be instantly attracted to the sweet – but sticky – treat. ♡

# Who Needs A Wigwam?

by Trevor J Wilkins, Russell Island, Qld.

I built my wigwam so that I would have a dry and airy place in which to build a new design double canoe, a 'canoe-maran'. That's my hobby/business – canoe-world.com – inventing, designing and selling plans for new style canoes that any home handyperson can easily build at home. One thing that every handyperson, every boat builder and every gardener has in common: no matter how big their workshop or shed is; it is still, just not big enough.

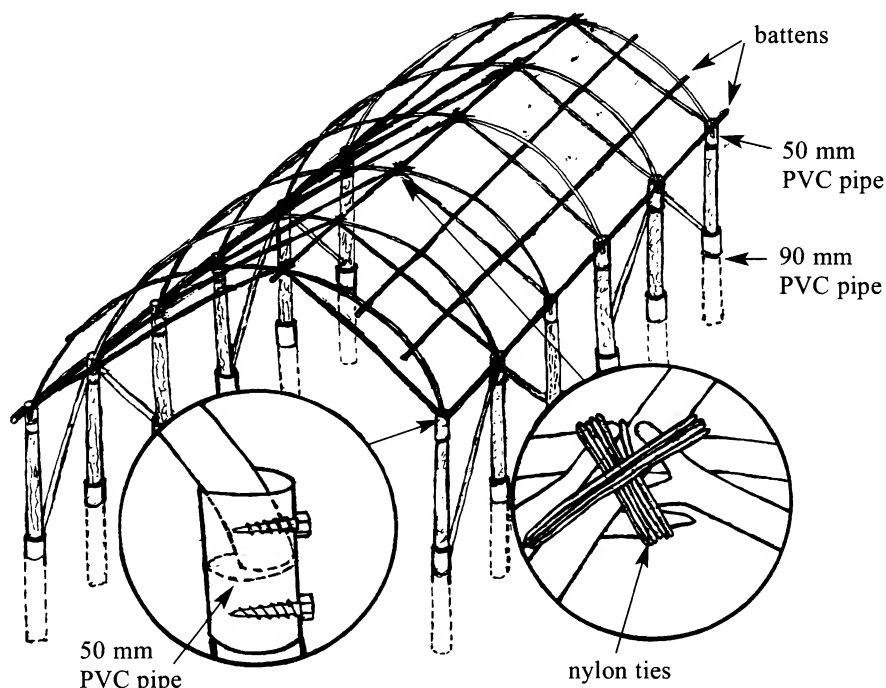
But this wigwam has become so much more than just a temporary workshop. It has become the most popular space for visitors here on my island holiday retreat. They keep the stove fire burning and help me bake bread and cakes, cook stews, brew tea or coffee; day or night, rain or shine. You might have seen one of my special homemade stoves in my article in GR 136. Yes; we burn only forest waste, in 'properly constructed fireplaces'.

As well as an outdoor cook house, this wigwam is a pergola, an arbour, a trellis, an undercover barbecue area, and a cool, breezy sanctuary from the Queensland sun and summer's thunderstorms. It has climbing vegetables, flowers and fruits growing beneath its ceiling. Snake beans go straight from the roof rafters into the stew. Can't get any fresher than that!

And the rain that is shed from the roof waters gardens along the sides of the wigwam. Roses and grapes are ideally suited to this dry hothouse style of gardening because their foliage is protected from rain and wind, lessening the chance of disease.

Vines grow upwards and towards the light, so it is best that you position your wigwam east/west and plant your climbing plants along the south side. The very same day I finished building my wigwam I planted climbing beans, roses, grapes and passion fruit beneath the uprights. On the sunny north side (protected from the prevailing winds) I planted tomatoes, corn, carrots, cabbage, lettuce and onions to take advan-

## Trevor's Wigwam Design



tage of the extra rainwater that drips from the roof.

Every garden and every home should have its own wigwam. This particular design is an ageless, time-proven design, with the added advantage of utilising modern plastics and nylons.

The frame is held together by screws, staples, nylon fishing line, and the laws of physics. Instead of vines and grass twine lashings, you use nylon line. Instead of grass, straw, leaves or bark for shade and waterproofing, you use plastic sheeting and/or nylon shademesht.

No trees or animals died or suffered in the making of this wigwam. I used swamp melaleuca or tea tree for my framework. Their wood is ant proof and beautifully scented. These beautiful trees grow abundantly around this area and were merely coppiced so they would grow thicker like a hedge bush. This is how tea tree plantations harvest their foliage for distilling the tea tree

oil. Several of the uprights and angled cross-members in contact with soil actually produced shoots and roots within a few days of being installed. The wigwam is alive!

If you are not aesthetically minded (and are loaded with money) you can always use steel star pickets for the uprights. I used 85-millimetre tea tree posts dropped into 90-millimetre pipes (700 millimetres long) dug into the ground as foundation tubes. This allows the upright posts to be easily withdrawn and moved to another location.

At the top of these uprights is a 200-millimetre-long length of 50-millimetre plastic plumbing pipe which also houses the thick ends of the curved roof rafters (see diagram). These rafters kick outwards at this joint which keeps the vertical walls rigidly upright, rather than curving inwards from ground level as in traditional wigwam designs.

The thin ends of the rafters overlap

at the roof apex and are lashed together with nylon cords, as are all cross-beams and horizontal roof battens wherever they meet. The bottom roof batten should be the thickest and least flexible because it is along this batten that you fix your roofing cover or shademesh. Flat-head screws are fine for this, and reusable, but I like firing my Bostic staple gun: bang! wham! pow!

My wigwam cost about \$180, the cost of the hailproof plastic hothouse material that I used as a cover. Just about everything else, including the fishing line ties, was recycled and free.

Delete the plastic sheeting from this design and you have a shade-house. Delete the shademesh and you have a really professional looking trellis. And this particular wigwam design can be taken apart, packed up like a tent and moved to another location in a matter of hours. It's ideal for people who are renting.

The wigwam in these pictures was

fun and cheap to build and it has weathered many a storm, including several I was sure it would not. It is aerodynamic, flexible, and able to withstand very strong winds, although to watch it flexing up and down in a storm, like some angry prehistoric monster, is not for the faint-hearted. It has withstood winds that snapped 30-year-old pine trees in half. Damage was limited to a few easily replaced sticks in the roof frame. That's how coconut trees survive – flexibility. But if you think your wigwam needs more strength and stiffness, you can add as many cross-members as you like, in the roof and along the walls.

Traditionally, wigwams were built by primitive hunter-gatherer tribespeople from self-supporting frameworks of bent sticks covered with animal skins, leaves and grasses. Every civilisation had its own unique design.

Mother nature can be as cruel as she can be kind and these structures keep

off the rain and snow and allow a fire to be maintained even in rainy weather. And, as an added bonus, the smoke keeps away unwanted insects such as mosquitoes and sandflies.

They are dry shelters from the elements with one thing in common. They are all able to be quickly constructed from local materials and easily repaired and maintained. The Australian Aboriginal gunyah, the American plains Indians' tepee and even the Arctic Eskimo igloo are all variations of this basic self-supporting wigwam design – cosy, cheap, life sustaining.

It really is child's play, so you and yours can easily build one. It's a great family project, and a miniature wigwam makes a great children's cubby house.

Trever Wilkins can be contacted on 07-3409-1960 or by post at canoe.com Sandy Beach, Russell Island 4184. Email: trev@canoworld.com



Wigwams create a large dry area to work under or just a sheltered place to gather with friends for a barbie.

# Onion Opinions

by John Mount, Woodford, Qld.

One day I chanced upon a friend busy peeling onions with a slice of unbuttered bread protruding from her mouth. I thought at first that she had finally 'lost it'. 'I bet you're wondering why I've got this slice of bread in my mouth,' she smiled. 'Well, it stops the onion fumes from getting in my eyes!'

It's true, but there are several other less curious ways of achieving the same result. For example, try freezing the onions before cutting, or steep them for one minute in boiling water before peeling.

A member of the lily family, the onion, because of its roundness, was once looked upon by the ancient Egyptians and Babylonians as a symbol of the sun and moon, and as such represented the road or way to perfection.

An important and little known fact about onions is that, like oysters, they

can absorb toxins; because of this it is important not to eat any that appear decayed or tainted in any way.

It seems that many insect bites can be relieved by the application of raw onion, and, when boiled in milk, it helps deter colds and acts as a soporific or sleeping draught. Apart from its medicinal properties, onion is a good additive to broths, soups, stews, barbecued meat, and so on.

Research carried out on onions has demonstrated that they exhibit strong antibiotic properties. Research shows that onions emit a radiation called 'mitogenic' which is found in the ultraviolet part of the spectrum and which gives the vegetable its strong characteristic odour.

Research has also indicated that the substance that emanates from the onion and makes you 'cry' during peeling, is an organic compound of sulphur which, upon making contact with water (or



human tears), creates a mild sulphuric acid. Therefore, the old rule that suggests peeling onions under running water was spot on. The acid is created in the running water and not in the eyes.

When overstocked, onions can be replanted in the garden until again needed. To prevent onions that are in storage from growing or sprouting, singe the roots thoroughly with a hot iron or poker. To store onions, suspend them in a netting or similar type container in a cool, dark place. ♡

apples, bananas, cherries, dandelion, endive,  
figs, herbs, hummus, soyabeans, tea, soap,  
macadamias, garlic, chillies, lemon grass, pasta,  
cauliflours, roses, broccoli, peas, rocket, lettuce,  
bokchoy, avocados, tomatoes, herbal extracts,  
massage oils, potatoes, carrots, cheese, jams,  
sauces, eggs, honey and more .....

**For ALL  
your organic certification needs\***

**join OHGA  
the friendly certifier**

**PO Box 6171, South Lismore NSW 2480**

**tel: 02-6622-0100 fax: 02-6622-0900**

**email: [ohga@nrg.com.au](mailto:ohga@nrg.com.au)**

**[www.organicherbs.org](http://www.organicherbs.org)**

Cellulose Valley, Southern Cross Uni, East Lismore 2480

\* the small print: no levies charged on your sales

**AQIS & JAS  
accredited**



## **DO YOU HAVE A POULTRY PROBLEM?**

**Want to know more about Poultry?**

**Having trouble obtaining reliable Advice?**

**Want To Keep Up To Date With Poultry?**



**Australasian Poultry is the only magazine of its type  
in Australia. Look for it at leading newsagents, priced  
at \$5.30 per copy, or have it delivered regularly to your  
letter box for only \$30.00 per year and includes GST.**

**Poultry Information Publishers  
PO Box 438, Seymour 3661  
Ph 03-5792-4000**



### **PERMACULTURE DESIGN COURSES**

**With Rick & Naomi Coleman Dip Pc  
Residential 13 day course on established site  
with internationally recognised teachers**

**7710 Bass Hwy, Leongatha, Victoria**

**Easter: April 18 - May 3, 2003**

**Call Naomi for a brochure on 03-5664-3301**

**or email [scpi@tpg.com.au](mailto:scpi@tpg.com.au) or check our**

**website: [www.southerncrosspermaculture.com.au](http://www.southerncrosspermaculture.com.au)**

**Cost \$795 includes morning teas and lunches. Free camping.  
Work exchange available. First 10 people get free Mollison  
book. 10% discount for couples. Half price offer if you've  
done a PDC before.**



# THE CHEVIOT

by Megg Miller, Nagambie, Vic.

GRASS 25 ROOTS

enables them to climb freely and jump over obstacles.

#### **Temperament**

Lively is the word that best describes their nature. They become flighty if rushed and roughly handled. Regular attention, including hand feeding, will keep them quiet and easier to manage. Cheviots are an intelligent quick learning sheep, making it important to have your property set up appropriately prior to their purchase so bad habits, like escaping through fencing, are not learnt.

#### **Recommended Environment**

Historically the breed was kept on marginal hill country with no real shelter provided during winter when snow fell. They have been selected over the last few decades for Australian conditions whether cold/wet or hot/dry, so there isn't a specific best environment. They cope well under poor conditions, but of course do better on good pasture. What is important is that fencing is good; well strained ringlock or similar being advised.

Trials in New Zealand in the 1950s

indicated the breed performs best on 'the harder types of hill country rather than as a fat lamb sire on good pasture lands'.\* They also forage widely, grazing in a dispersed manner, unlike Merinos and their derivatives.

#### **Fibre Character**

The fleece is notably dense and has distinctive tips at the end of fibres, a characteristic that purportedly developed to help shed water and snow off animals. Staple length is around 8 – 10 centimetres with a micron range of 32 – 40. The fibre has a springy character due to its helical crimp and is chiefly used in carpet manufacture. Hand spinners like Cheviot fleece because it dyes easily and often carries a white fleck resulting from kemp, which doesn't absorb dye, in with the wool fibres.

#### **Carcass Production**

Cheviots can be used successfully for prime lamb production or for developing a good first cross ewe from Merinos. Lambs are lean and fast growing, and, with the pure Cheviot ewes' propensity towards multiple lambing, the small-scale producer could do very well from a limited number of animals.

#### **Breeding**

Ewes are seasonal breeders, lambing in spring and often producing twin lambs. Milk production is excellent, as is mothering ability. Rams are very active and can cover more ewes than many other purebred males can.

#### **Special Features**

The breed has a hardy robust constitution and is considered to be more resistant to worms than other breeds and requires less frequent drenching,

as well as showing a low incidence of flystrike. The exposed, fairly prominent eyes do attract problems.

#### **Association Viewpoint**

The Cheviot Sheepbreeders' Association of Australia recommends their breed as a low maintenance sheep with an innate ability to look after itself. Ease of lambing and strong mothering mean fewer lambing problems, the clean face eliminates the need for wiggling while the vigorous constitution leads to less drenching, less crutching and flystrike. 'All this means less labour, low costs and more profit.'

For more information contact the acting secretary Roger Wilkinson, C/- DRNE, Bendigo 3550, asking for the Association's brochure (SAE please) or breeder contacts, or email: [roger.wilkinson@nre.vic.gov.au](mailto:roger.wilkinson@nre.vic.gov.au)

#### **Reference**

\* *Sheep*, Part 2, PG Stevens, Whitecomb & Tombs Ltd, NZ 1961.

Next issue – the Ryland, a white-faced breed dating back to the 11th century now used as a terminal sire for early lambs. ♀

## **Australian Miniature Cattle**

- *The Affordable Alternative* -  
FOR MILK, BEEF OR JUST PLAIN PETS



Donna & Hugh Anthony, Kyrhet Stage Co  
131 Old Coach Way, Yandina. Q. 4561.

Ph: 07-5446-7049

Email: [kyrhet@bigpond.com.au](mailto:kyrhet@bigpond.com.au)

Website: <http://minicattle.virtualave.net>

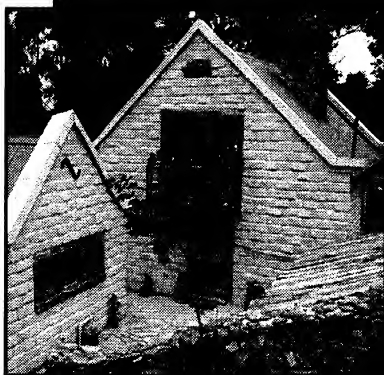
## **CHEVIOTS For Sale**

Anne & Daryl Sim

Annandale Stud,

Tooleen, Vic 3551.

Ph: 03-5433-6300 or email:  
[andardog@impulse.net.au](mailto:andardog@impulse.net.au)



**IF you want to save money, labour,  
energy & the environment  
DON'T build a single storey  
Get our plans book first!**

With thousands of customers Australia-wide, and now overseas, our books will surely provoke your thinking

Send \$20.00 (includes postage) to:  
Peter Lees, Architect & Builder,  
2 Parkside Grove,  
Frankston South, Vic, 3199  
Phone 03 9783 8632  
Mobile 0427 136 998

#### **40 photos, text**

prices and plans of small to large homes (or sheds, studios, whatever).

Unlimited layout possibilities, catering for mudbrick, rammed earth, timber, stone or brick and in particular the needs of owner builders.



# Baskets are Beaut



by Mary Horsfall, Euroa, Vic.

Few artefacts have been as useful to humanity as the versatile basket. From earliest times in human history simple baskets were woven of natural materials to make receptacles for carrying a variety of items. It wasn't long before our creative forebears discovered the joy of using texture and colour to weave objects valued for their beauty as well as their practicality.

Today we still love baskets. Though few of us practise the art of basketry and those we use are more likely to be of the mass-produced variety, even the busiest of us can personalise a simple basket to make it into a pretty gift or a favourite possession. Use the instructions on page 29 to transform a simple basket into a picnic hamper for your own family's use or a gift hamper full of goodies for the special people in your life.

## PICNIC HAMPER

Stock your decorated hamper with your family's favourite treats to take along on any occasion when eating outdoors is on the agenda. Well-wrapped ice bricks can be inserted among food items to keep them cool in hot weather. Alternatively, use the utilitarian car fridge to keep the food cool and the pretty basket to carry such picnic necessities as plates, glasses, sunscreen, insect repellent, hats, serviettes and rug.

Recipes for a range of special picnic treats to make can be found in past issues of GR. No picnic is complete without a loaf or two of delicious crusty bread; try the basic bread recipe in GR 146, the easy loaf in GR 137, a wheat-free loaf from the same issue for those who can't tolerate wheat or gluten, the festive biscuit/bread from GR 94, or Heather Kozak's loaf to tempt children from GR 131.

Treats for people with special dietary needs can be found in GR 148. There are pumpkin muffins in GR 152, banana cake in GR 143, bars and cookies in GRs 141 and 110. Roberino's totally decadent chocolate cake is in



GR 148 along with Jose Robinson's rocky road.

Scrumptious summer salads are featured in numerous past issues. The 'In The Kitchen' page in GR 142 is a good starting point, with Ukranian beetroot salad, carrot salad, melon fruit salad, guacamole and a cold vegetable bake. This issue also has a nonexploding ginger beer recipe that's great to include in the picnic hamper. More super salads can be found in Heather Kozak's Christmas cooking article in GR 136: golden sunset salad, scarlet sunset salad, and lamb and mint ring. Heather's healthy Christmas punch, in the same article, is another refreshing drink. The basic mixture can be frozen

so it remains cool till you want to use it, then the soda water or ginger ale can be added just prior to serving.

A gentle browse through your back copies will find many other recipes worthy of inclusion in your family feast, whatever the occasion.

## GIFT HAMPER

A basket containing a variety of goodies, something for every member of the family, makes a lovely gift from one family to another. Include baked and preserved foods, homemade craft or cosmetic items, potted plants or special seeds, or books and other bought items. Some people buy gifts one or two at a time throughout the year when they see

something they know will appeal to a particular friend or family member. Added to some homemade goodies, this is a painless way of assembling a hamper that is sure to be appreciated by the recipients.

Handmade soaps are always popular. Try Frank Brehe's bulk recipe in GR 148 or Jose Robinson's French hand-milled soap (simpler than it sounds) in GR 126. Cheryl Beasley's natural beauty products have delighted us for many years. Her regular short articles in most issues will provide inspiration for a variety of healthy skin care products, or look up her article in GR 94 to find toilet waters, cream perfumes, bubble baths and rose cologne. More of Cheryl's natural beauty products are described in GR 88. Eau de cologne, herbal vinegars, herbal oils, bath oils and rosewater gifts were described by Rita Summers in GR 106. Sweet herbal insect repellents and bath bombs are both popular and simply made; find them in GR 141.

The always creative Jose Robinson gave instructions for a barbecue apron and a fishing bag in GR 148. Gift ideas for gardeners of all ages and sexes can be found in GRs 87 and 105.

Try the 'Kids Pages' for special gifts for children. Some we found in a quick look were tortois in a walnut shell, GR 116; homemade games and Christmas crackers, GR 118; biscuits, stockings and decorations, GR 124.

Each year we review dozens of books of interest to GR people, including children, so be sure to look up the 'Recent Releases' pages and 'Kids Pages' before heading off to the book shop. A series that has only just come to our attention is the Australian Farm Series For Children; 12 small educational publications explaining an aspect of farm life with simple text and true-to-life colour photographs. They are \$9.95 each, or \$99 for the full set, plus \$6 postage. Phone 03-5499-8269 for details.

Finally, in an unashamed self-promotion, no GR family can afford to be without the *Organic Guide to Australia*. Tuck one into the gift hamper so your favourite people can find healthy food wherever it's available in Australia. Available from newsagents, or phone us on 03-5792-4000. ☘

# GARDEN BOUNTY

## Chervil

by Cheryl Beasley, Robina, Qld.

Chervil is similar in appearance to parsley and grows to 60 centimetres in height. It is a good plant to grow under deciduous trees as it loves winter sun but needs semi-shade in summer. Chervil needs a moist soil and prefers it well drained. The flavour is a delicate aniseed. The plant can grow quite well indoors on a windowsill. It is good for aging skin and is a gentle astringent.



### CHERVIL CLEANSING CREAM

- 1 tbsp paraffin wax
- 3 tbsp lanolin
- 5 tbsp sunflower oil
- 4 tbsp chervil infusion
- 1/2 tsp borax
- 2 drops tincture of benzoin

Melt the wax and lanolin in a pan over simmering water. Add the oil and mix in gently. Heat the chervil infusion and mix in the borax. Remove both pans from the heat and whisk the chervil infusion into the oil mixture with the tincture of benzoin until cool and thick.

### CHERVIL ASTRINGENT

- 1 cup chervil infusion
- 1 tbsp witch hazel

Combine the two ingredients in a bottle and shake well. Keep in the fridge and use daily after cleansing. This is a very healing and gentle astringent.

### CHERVIL FACE PACK

(dry skin)

- 2 tbsp lecithin
- 1 tbsp chervil infusion
- 1 egg yolk

Combine all the ingredients and spread over the face and neck. Leave for 20 minutes and then rinse off with lukewarm water. Try this pack while relaxing in a warm bath.

### EASY CHERVIL CREAM

- 1 large jar petroleum jelly
- 1 cup chopped chervil

In a pan over hot water melt the jelly and add the chervil. Simmer gently for one hour then strain and allow the mixture to cool and set before using. Use as a soothing cream and blot off any oiliness after 15 minutes. ☘

**53 proven home  
business ideas . . . plus  
everything else you need  
. . . to start earning up to  
\$5,000 a month**

Discover the simple home business ideas that can make you up to \$1,250 a week, plus how to market these businesses so you've always got more customers than you can handle . . . 100% guaranteed. Free information pack tells you more. Phone 1300 131 563 (24 hour message) and request the Home Starter Pack. Momentum Mail Order & Marketing, 16 Wilson Rd, Mylor, SA 5153.

### Walkabout Leather

Handcrafted Australian Leather Sandals

PO Box 1343, Gympie Qld 4570

Ph: 07-5483-5452

Comfort with Durability  
Fully Adjustable  
S 4-7, M 7-9, L 9-11.



\$55 per pair incl GST +  
\$5 p&h. COD available.  
Phone for free full colour  
pamphlet or send cheque or money  
order incl all details.  
Black and brown available.

# PICNIC BASKET LINER

## New Life For An Old Basket

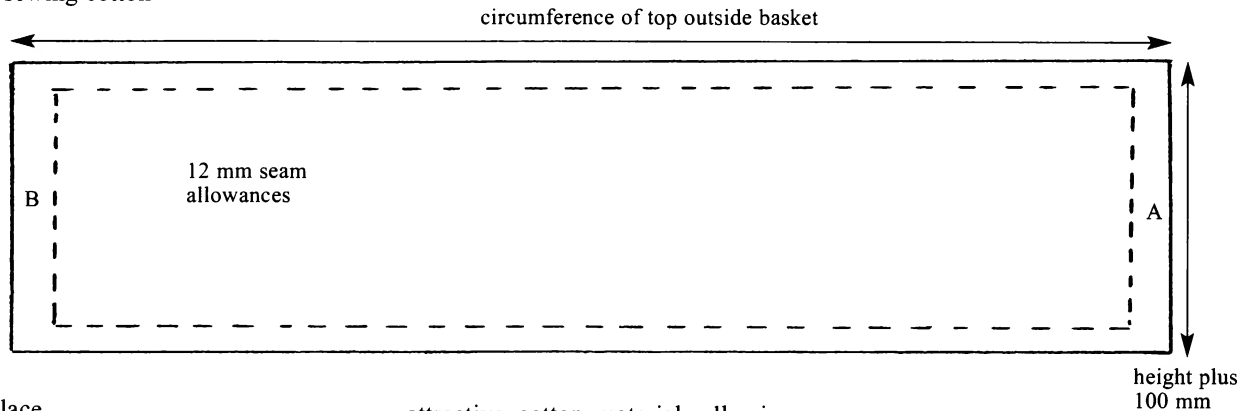
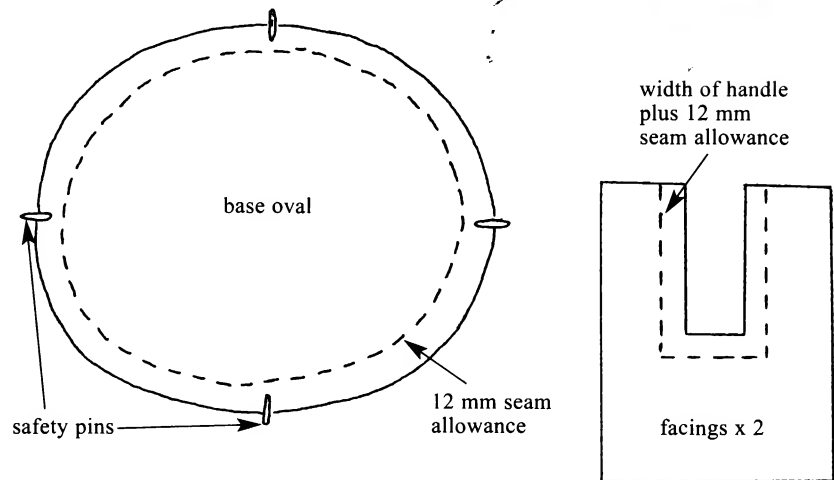
by Dianne Jackson, Valhala.

The cane picnic basket had already served us well – and looked it – so the challenge was to see if there was an easy way to extend its useful life. An attractive, washable liner could just do the trick. The idea can be adapted to suit different shaped baskets and even boxes and other containers. Use a Christmas pattern fabric to line a gift hamper, an Easter pattern for that celebration, or a pattern relevant to the recipient's interests to make a really personalised gift.

### YOU NEED

#### Materials

- a suitable sized piece of vinyl or similar
- cotton material to suit
- sewing cotton



- lace
- cord

#### Tools

- sewing machine
- tape measure
- scissors
- safety pins

### METHOD

Cut an overlarge oval of newspaper for the inside base of the basket. Press this into the basket base. Mark and trim to fit. This is used as a template for a piece of vinyl or similar material for an inside flat base.

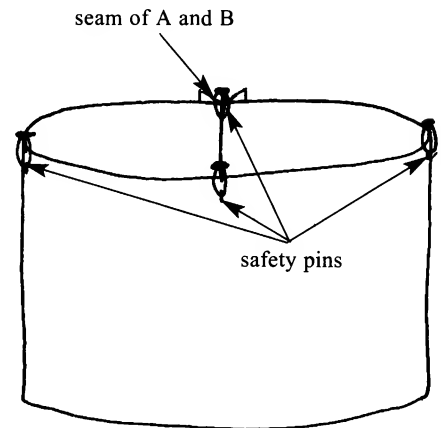
Use this template to cut a piece of

attractive cotton material, allowing a seam allowance of 12 millimetres.

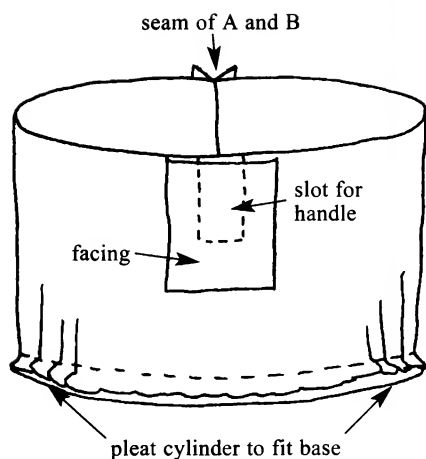
Divide the base oval's circumference into four with safety pins.

Measure inside the basket from the base to top of basket, add an extra 100 millimetres and note down. Measure circumference of top along the outside of the basket. Cut a rectangle of material from these measurements and add 12 millimetres at edges for seams.

Join the short edges of this rectangle (side A to side B) so it forms a cylinder. Divide this cylinder's circumference into four and temporarily mark with safety pins.







Pin cylinder to base matching up safety pins. Pleat excess cylinder material to fit base. Sew together, right sides facing. Press.

Fit the liner into the basket and measure from base to where handle joins and the width of handle. Mark these on reverse side of liner.

Cut two rectangle pieces of material 25 millimetres larger than the slot for the handle to use as facing. Pin facing onto liner at the top edge, right sides facing, and sew along marked lines on lining where slot will be.

Cut inside waste material away from slot, nip corners just short of seam. Fold back, press and slip-stitch to hold in place.

Attach lace 6 millimetres below top edge of the basket.



Whether you use an old favourite or a new basket, a pretty liner transforms it into a gift or picnic hamper suitable for many occasions.

Cut a piece of fabric the length of the top edge of the liner and a width of 50 millimetres to form a facing strip. Attach this to the top edge and hem. Leave opening at each end to thread the cord through.

Fit liner into the basket over vinyl

base. Ease around handles and using a safety pin insert cord into the channel along top of liner. Draw cord up and tie in a bow.

Contact a friend, pack a picnic lunch, pick a favourite spot and enjoy yourselves. ☺



Grass Roots staff wish all readers a peaceful and relaxing festive season.



**Permaculture  
CONSULTANCY SERVICES**

*Our internationally experienced consultants offer*

- total landscape design
- drought proofing water harvesting earthworks
- rapid desalination techniques

Ph: 02-6688-6222

Fax: 02-6688-6499

Email: [pri@permaculture.org.au](mailto:pri@permaculture.org.au)

1158 Pinchins Rd The Channon

**The Natural  
Company**



Our products save the planet and are chemical free!

Ph: 1300 888 415

**SAVE THE ENVIRONMENT  
AND YOUR HEALTH**

Try **The Keeper**, a soft rubber re-usable menstrual cup that offers the most economical and earth-friendly method of feminine hygiene. No more monthly expenses!

**Moonpads**, 100% cotton, provide a natural alternative to disposable pads & panty liners.

Avoid throw away nappies, use **Zappy nappy's**.

[WWW.THENATURALCOMPANY.COM.AU](http://WWW.THENATURALCOMPANY.COM.AU)  
E-mail: [info@thenaturalcompany.com.au](mailto:info@thenaturalcompany.com.au)

# Solar Evaporative Cooler

by Neville Jackson, Valhalla.

In many regions of Australia, air conditioners are either a luxury or non-existent because of lack of grid power. High temperatures throughout much of the year in many remote areas make middle-daylight hours uncomfortable and unproductive. When Dianne and I moved onto the Central Queensland Gemfields near Sapphire we found this situation to be the norm. Much of our surrounds had been mined for gems, denuded of tree cover, and the ground left covered with gravel and 'billy boulders' (shiny rounded quartzite). Only the main town areas of Sapphire, Rubyvale and Anakie had grid power. Others made do with generators and, rarely, solar panels. A generator can run an air conditioner or evaporative cooler and fans, but many sapphire miners work at night to avoid the heat and generator noise is too disruptive in daylight hours.

Fortunately we had six solar panels, which were put into service immediately for power, light, TV and other appliances, but not for air conditioners. This was because our storable power was insufficient to waste on an air conditioner and there are far better, cheaper and healthier ways to keep cool.

We intended to be in the area for some years so we soon devised a system to combat excessive daytime heat. A wood-fuel stove was installed on the western side of the kitchen with glass-louvred windows each side for air feed without draughts. This western side placement in itself is unusual. Normally, heat sources are placed in the coldest part of dwellings. But we have always believed in utilisation of natural forces. Water flows downhill to its own level. Cold, heat, water and wind all have potential energy that may be tapped. Heat rises and cool air moves in to replace it, for nature abhors a vacuum (or partial for that matter).

The fuel stove chimney was painted matt black for a reason explained later. An open courtyard area adjacent to the

east of the house was cleared of weeds and gravelled. Small shrubs were mulched and encouraged to green and a trellis with evergreen passion fruit vines was established. By the time spring and higher temperatures approached we were ready to combat any heat problem.

Our cooking was either by LP gas stove inside on rare rainy days or, most commonly, on an outdoor, under-shelter barbecue. But when a really hot day looked likely we lit the fuel stove inside the house! Temperatures immediately soared.

Time then for stage two. We used a sprinkler hose to wet gravel, trellis and plantings on the east, then we opened the eastern door and the stove's louvres. Instantly, a damp, cool breeze rushed through the soaked trellis foliage, across wet stones and into the house while hot air vented out the louvres and chimney.

A thermometer gauge visibly fell from mid 40s Celsius to the low 20s Celsius while the wet-bulb humidity gauge went from near zero to around 15 percent. If no gauges had been available, Brutus our dog showed the system to work. Instead of his favourite sheltered spot, he hogged the eastern doorway for the breeze's full benefit.

Animals always know the best place!

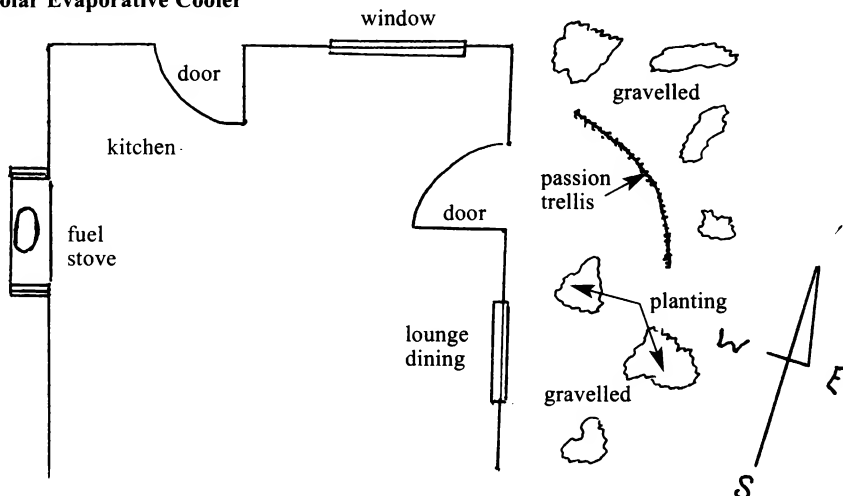
About this time an air conditioner engineer visited for a sapphire fossick. He entered and looked about. 'How'd you keep the place air conditioned with all the doors and windows open?' After I had explained the solar principles involved, he came back with, 'Don't make this public or I'll go out of business'.

Effectively, we had created and maintained a cool, damp breeze on a hot still day in a semi-desert region. On these windless days, doors and windows on other walls were left open for extra breezes from various directions. Summer and winter, the house 'breathed' in all weathers and was extremely comfortable.

Even when days were not overly hot and the stove unlit, just to open the eastern door gave a useful movement of air, for the blackened chimney warms its contained air which rises. This air is then continually replaced by fresh air via the east door. Simple, effective and almost free as are most solar applications. Perhaps something similar may assist others in hot, dry climes, even if connected to grid power. Cooling in summer is the greatest user of power and money.

For those who dispute that this

Solar Evaporative Cooler

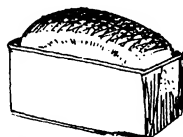


method is truly solar, consider. The sun provides us all with natural radiation (it warms the air inside the black stove pipe which rises and lessens the air pressure inside the chimney, which is replaced by a cool breeze). Wind is caused by uneven solar heating of earth and water surfaces around the globe. The wood in the firebox was grown by the sun's warmth.

Okay ! So I cheated with the black paint. ♡

## UPDATE ON SOURDOUGH

In a previous edition of *Grass Roots*, No 149, Wolf Schmidt shared his secrets on making sourdough bread in 'Heavenly Sourdough Bread'. He has asked us to let readers know of a couple of points that may not have been as clear as he would have liked. First, to make the sourdough, the 100 grams of rye flour with 100 millilitres of warm water added should not be covered unless a woven cloth is used – this allows the yeast bacteria to enter. Also the process should be repeated the next day and the day after. The other point was that three tablespoons of yeast added to 500 grams of flour is too much. It is better to use one tablespoon per 500 grams, or two at the most. ♡



## GRIMES & SONS

**MANUFACTURERS AND SUPPLIERS OF THE HIGHEST QUALITY STAINS AND FINISHES FOR TIMBER & MUDBRICK.**

- Mudbrick colourcoats and Clear Dust Proofers
- Silicone and oil base water repellents.
- Oil varnish and polyurethane.
- Bees wax polish, shellac and restoring oil.
- Woodstains and timber preservatives.
- Stock and specialised colours.

Factory showroom...

1/1637 Main Road, Research Vic 3095

Ph: 03-9437-0733 Fax: 03-9437-0822



# MALLACOOTA FISH SMOKING

by Ken Woods, Shoreham, Vic.

During the recent school holidays we visited two of our sons and their families at the quiet fishing village-cum-holiday resort of Mallacoota. The township, situated on the almost landlocked lakes, has an extensive and well-kept camping area on a grassy bank and close to the water. There are facilities to anchor small boats and it's well set out to clean fish.

We enjoyed a boat trip around the lake, being especially interested to see the swans and other waterfowl in large numbers. We also drove around local scenery and fishing spots.

Our number two son, Glen, had requested some apple cuttings. When we pruned our trees last winter, I filled a wheat bag full for him to take on his fishing trip – smoking fish is a specialty at Mallacoota. Glen and his mate had left their smokers at home so some Aussie ingenuity came to the rescue. They knocked off a certain wife's baking dish, scrounged a wire mesh grid that fitted the baking dish, also a sheet of aluminium that covered the baking dish as a lid. (They possibly ratted the local tip.)

The fish was filleted, coated with salt and then brown sugar, and laid on the grid. After the inside of baking dish was coated liberally with sauce, two layers of the apple prunings were laced across the base of the baking dish, then the grid with prepared fish was placed in the baking dish and the lid placed on top.

The loaded baking dish was placed on a Primus-type burner, which was ignited with a very low flame. I think smoking took about half an hour. The fish could be eaten immediately, straight from the baking dish. ♡



A family snap of Wendy and Jenny with blackened baking dish on table, the smoked fish eaten and enjoyed.

## FISH FERTILISER

Fish fertiliser diluted 100:1 and sprayed on orchards can help control codling moth. The fish smell camouflages the smell of the apples. Start spraying in early December every 15 – 18 days and continue on through until close to harvest time. Fish fertiliser can also control serious infestations of two-spotted mite. Spray at 50:1, in three applications, two days apart. The smell can be a little strong, but at least it is not poisonous. This oily fertiliser may also help with nematode problems. Try drenching the ground with a 1:1 dilution of fish fertiliser. ♡

# IN DRY TIMES REMEMBER THE BIRDS

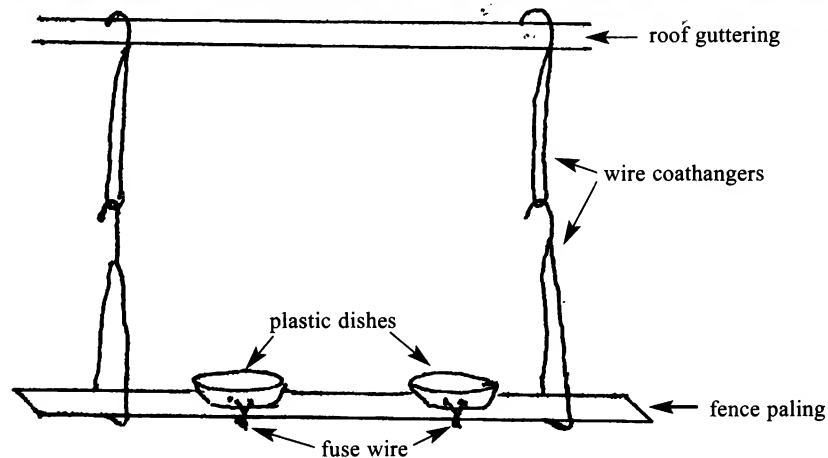
by Jenny McKenzie, Killara, NSW

Caged birds depress me. Watch any 'free' bird near your home; even the duller coloured, most common or despised breeds are beautiful to watch in their natural habitat. Overseas visitors are amazed by the beauty and variety of our Australian birds. Many experts advise against feeding native birds, but, when times are tough, especially during droughts, provision of a sensible feeding regime, and fresh water, can make the difference between survival and starvation for the birds around our homes and farms.

Because our family seems to acquire other people's unwanted cats (at one stage we had six), we had never attempted to feed or encourage birds to come to the house until one day a rainbow lorikeet flew onto our balcony and *demand*ed to be fed. If you have rainbow lorikeets in your area you'll know what I mean by *demand*ed!

So we had to make a cat-proof bird-feeding stand. As a temporary measure we used four wire coathangers to suspend a fence paling from the guttering of the house. This was low enough for us to put food out for the birds, and high enough for them to be safe from the cats. A couple of plastic dishes were attached to the paling with fuse wire so they would not fall off when the birds came down to feed.

This temporary measure proved satisfactory for six years. Then we moved to another house which had an open deck surrounded by a wrought-iron railing. To this railing we attached a T-shaped stand, using 25 x 25 x 1.6 millimetre thick steel square hollow section. The vertical piece was 233 centimetres and secured to the railing with two U-bolts. The horizontal piece, about 127 centimetres, was joined to the top with a nut and bolt. Four eye-bolts were put into the underneath of



the cross-piece, from which four wire baskets – the type used for hanging ferns – were suspended. As before, we wired plastic dishes to the bottom of the wire baskets so the birds couldn't tip them up.

This stand blends into our setting, but you might prefer to use timber or even dead tree branches. However, make sure there are no surfaces wide enough for a cat to jump onto or climb. With the above measurements, the wire baskets will swing 167 centimetres above the ground, and cats will not leave themselves open to the indignity or embarrassment of being seen dangling from such an unstable object. Our cats only watch the birds, rouse, and flick their tails back and forth in frustrated fury.

I also put wool scraps in a mesh onion bag tied to the cross-piece of the stand. The birds use the wool to line their nests.

It is vitally important when you're encouraging birds into your garden that you feed them properly. Unfortunately, many well-meaning people put out bread and sugar or honey to attract the lorikeets. This is *not* being kind to the birds. They are

being filled up with an unbalanced diet and they will cease to seek out their natural food. They become dependent on this handout and will suffer when you go on holidays. They can produce 'runners' – baby birds whose wings are stunted so that they are unable to fly. Some could have deformed beaks, making it difficult for them to eat normally. If the birds are given honey, it can spread disease, by cross-pollination, to the bees in your area.

The safest and easiest way to feed the birds is with Wombaroo bird food. There



**Environmentally friendly products to weather proof and dust seal all earth buildings**

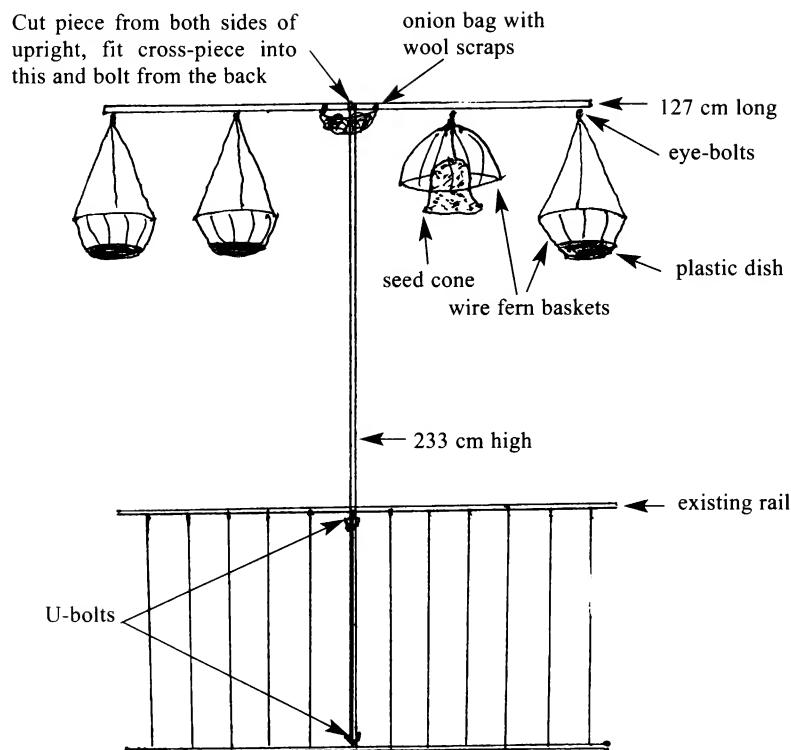
- Mud Brick Water Repellent
- Stabilised Earth Water Repellent
- Earth Bonding Emulsion
- Earth Render Admixtures

**Tech-Dry** 177-179 Coventry St  
Sth Melb, Vic 3205

Vic 03-9699-8202 Qld 07-5520-0856  
SA 08-8132-1166 WA 08-9336-2426  
NSW 02-9482-3360

[www.techdry.com.au](http://www.techdry.com.au)

## Cat-Proof Bird-Feeding Stand



are different types of food for different birds. We use the lorikeet and honeyeater food which is the correct balance of protein, fat and carbohydrate required by these birds. It comes in powder form for mixing with water and can be frozen and stored in ice-cube trays.

As a rough guide, use one (ice) cube of the mixture per three or four birds, once a day only, preferably early in the morning. This is sufficient to attract birds into your garden without upsetting their normal feeding patterns.

Some birds are seed-eaters. A seed cone can be suspended from the bird-

feeding stand with an inverted wire basket over the seed cone. The birds will not dislodge the seeds with their claws if they can cling to the wire, so the cone will last longer. Seed cones can be purchased in supermarkets and pet shops, or you can make your own.

Either solder some thick wire to a circular piece of metal at one end, and bend the other end of the wire into a hook shape, or make a small hole in the centre of a tin lid (from jam jar or whatever). Cut a wire coathanger with pliers so that the hook can be used at the top, and pass the wire ends through the hole and bend them back under the lid.

Roll some foil-lined cardboard around the circle of tin to form a cylinder and pack the bird seed mixture (below) into this. When set, remove the cardboard.

To make the bird seed mixture, mix four cups wild bird seed, vitamin and mineral supplement (pet shop or chemist), chopped, dried apple, and 100 millilitres PVA glue. Stir thoroughly and pour this mixture into the cone. Pack tightly and allow about a week to dry properly before using. This is cheaper than buying seed cones, especially if you buy the PVA glue by the tin.

If you are hand-feeding the birds, you should also plant some native trees and shrubs, such as grevilleas and banksias, to provide them with a natural source of nectar, pollen and insects. Always ensure there is a supply of clean drinking water, inaccessible to predators, for any birds visiting your garden. A book by Frances Hutchison – *Creating a Native Garden for Birds* – will help you select suitable plants which will not only be attractive to the birds in your area, but to you as well. You will be rewarded for your efforts by being able to watch the birds at close quarters and hear their various calls in your garden.

To find out where to obtain Wombaroo bird food and supplements, ring the Australian distributor, Samantha Rich, on 08-8379-1339. You will be directed to the distributor closest to you. ♡



## BROAD BEAN REACTION



Readers should be aware of a disease that some people can suffer from when they eat broad beans. Favism, as it is called, is a haemolytic condition that often affects people of Mediterranean origin. Symptoms come from consuming broad beans or inhaling pollen and include breathlessness, nausea, fatigue, stomach or back pain, fever and chills. They appear immediately or within a few days of consumption and last for one to two days, with a spontaneous recovery. But care should be taken with young children because symptoms could prove fatal for them. ♡

## BAKING POWDER

Most commercially produced baking powders contain large quantities of sodium. Make your own sodium-free baking powder by combining equal quantities of cornflour, cream of tartar and bicarb. Sift all ingredients and store in an airtight container. Shake before use. ♡

## COLLOIDAL SILVER Nature's Antibiotic

**Effective against 650  
Bacteria and Viruses  
For Humans, Animals & Plants  
Free Info pack on Colloidal  
Silver & how to make it for free.**

**K.R.C. Health Solutions  
PO Box 502,  
Mermaid Beach Qld 4218**

**Ph: 07-5533-1160**

**www.krchealth.com  
email: info@krchealth.com**

28 TAMBORINE ST, MERMAID BEACH. 4218



# Livestock Health and Management

## Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 117, SEYMOUR 3661.

### NEED FOR VACCINE

I love Megg's 'Down Home on the Farm' and I find I have the opposite problem. My hens don't seem to want to go broody, but I'm trying to sweet-talk one of my favourites into seeing things my way. Keep your fingers crossed.

I am shocked and upset about the stupidity of some companies, particularly that of the vaccination company that stocks 7-in-1. This, they say, is only for cattle, and not to be used on goats or sheep because it contains leptospirosis vaccine – supposedly unnecessary in these animals. Lepto is very prevalent in dairy cattle and is transferable to humans. But goats and sheep can contract this horrible disease as well, and, with people going more into milking goats and sheep, I believe there is a great risk of uncontrolled disease spread in this way. This problem came to light for me only recently, when my beloved pet wether Pookie died from the strain *Leptospira pomona*, the most deadly type. Now I too have to be tested for the disease because it can lead to liver and kidney failure and death, or can simply leave human sufferers physically debilitated. The local vet clinic said that it is rare in sheep (not so rare in goats), but very possible, particularly as I live in a rural area of predominantly dairy cattle

and sheep. The company did not allow for farmers and hobbyists to make the choice whether to guard against lepto or not. We're simply told we can't. Because of this, I am now minus my best friend, and just to really add insult to injury, I can't use Pookie's land for other livestock for between six months and one year – until all the *Leptospira* bacteria have died (they die quicker when the land is dry, but it's still a minimum of six months). Sorry for rambling on but I felt that something had to be said.

**Anna Stone.**

*We're sorry your early preventative efforts couldn't be implemented and so you lost your pet sheep. Leptospirosis is most commonly associated with dairy cattle and carries a high risk for transmission to milking personnel. There are many subtypes of 'lepto' but two generally infect farm animals, including L. pomona. The bacterium can survive in wet or damp conditions in warm weather for over six months, but are quickly killed off in dry hot conditions. The disease is not common in sheep because they don't generally thrive where water is lying around. Your sheep may have become infected via transmission from rats, from grazing on previously infected pasture, or drinking or eating feed contaminated by the bacterium. Rats can eat feed that has been infected, as can feral pigs, and they then*

*excrete bacteria that in turn infects domestic stock. Dogs may also be involved in the transmission cycle, picking up L. pomona from rats, and it is also thought some cats may be vectors. Anna we hope your tests are clear and that in time you're able to have another pet sheep which lives to a great age.*

### WEEVIL CONTROL

Peter Valder recommends freezing rice and other dry produce for 48 hours before storing or using. This kills off any weevils/eggs etc. This might work for Robert Bishop (GR 149) who was having trouble with mites in his bran. Worth a try?

**Eileen Tait,  
KEMPSEY 2440.**

### FLYBLOWN WOUND

We've just lost a favourite hen from fly attack and I want to warn readers to be on the lookout for this problem. The hen was cut about under one wing from the rooster's spur or nails during mating. The wound got flyblown and Henny Penny died. We've filed the spurs down, trimmed the rooster's toenails and will keep a close eye on the rest of the flock in future in the warmer months. I hope this helps other readers.

**Jane Glen,  
GREENBANK 4124.**



**The Holistic  
Veterinary  
Clinic**

**Dr. Douglas Wilson**

BVM&S PhD DipHom

*"for effective alternative treatments"*

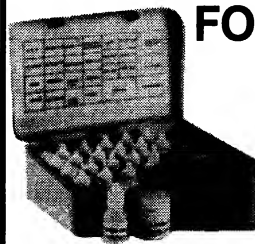
*Homeopathy, Herbal,  
Nutrition, etc.*

**Telephone consultations  
available for interstate clients**

308 Glen Osmond Rd  
Fullarton SA 5063

Telephone: 08-8338-0005

## ALTERNATIVE THERAPIES FOR ANIMALS



**\$90 Pet Power Pack First Aid Kit**  
\$95 with flea, worming & heartworm  
prevention, plus book.  
\$30 only for flea, worming and  
heartworm energy.

Please contact Jackie Fitzgerald for  
other products available.

**Jackie Fitzgerald: Homoeopath, Herbologist, Reiki Master.**  
Shop 4, 658 Pittwater Rd, Brookvale NSW 2100, Australia.  
Ph: 02-9939-0410 Fax: 02-9939-0404 Mobile: 042-778-8858



## DROUGHT-PROOFING AUSTRALIA?

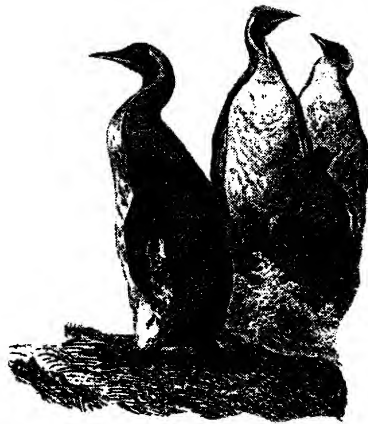
Grandiose (and usually impractical) notions have been voiced over the years to drought-proof Australia. Current widespread drought conditions have given rise to a scheme that appears to have more chance of success than any previous ideas. Prominent businessman Richard Pratt has offered \$100 million towards his vision of a drought-proof Australia, on condition that the Federal Government match that amount. Pratt's concept begins with replacing all open irrigation channels with enclosed pipes. This measure alone would prevent the loss of from 50 to 80 percent of irrigation water through evaporation and seepage. He also wants to investigate the viability of piping flood water from northern rivers, in the years that they do flood, into the underground aquifers to replenish our underground water.

Given that floods, despite their detrimental effects to humans, are essential to the health of riparian ecosystems, there are many issues to be worked through. The cost of piping irrigation alone is estimated at about \$10 billion Australia-wide. There are others who assert that drought-proofing Australia is impossible and that, rather than looking at ways this might be achieved, it would be more relevant to learn to live within the limitations of our environment.

## WASTE INCINERATION

Concerns about the safety and environmental consequences of waste incineration, including SWERFs (Solid Waste to Energy Recycling Facility, see this page GR 150) are being voiced by environmental groups, including Greenpeace. Articles in *Ecoview* (vol 1, no 2) magazine assert that SWERFs, despite manufacturer's claims to the contrary, do emit dioxins and furans. A further concern is expressed over the statistic that one tonne of toxic ash, subsequently disposed of in landfill, is generated for every three tonnes of material incinerated. Another major drawback cited of incinerating waste

is the loss of organic matter that could be returned to Australia's impoverished agricultural soils. Communities must ask whether the potential benefits of these facilities, including claimed reductions in greenhouse gas emissions, outweigh the potential environmental and health risks.



## NEW MARINE RESERVE

The Heard and McDonald Island group, listed as a World Heritage area several years ago, is about to become the world's largest marine reserve, with all commercial fishing and exploration banned. The protected area will cover 6.5 million hectares and be buffered by a further million hectares of conservation zone of lesser status. It is one of the world's few pristine ecosystems, with no known introduced species. The area provides food and habitat for the world's largest macaroni penguin colonies and a plethora of sea birds, other penguins and seals – including the threatened southern elephant seal, king penguin and sub-Antarctic fur seal. It is also a breeding ground for the threatened Patagonian toothfish.

## TOXIC ALGAE CONTROL

A farmer in Queensland has had success with a simple and natural method of controlling cyanobacteria (blue-green algae) in a farm dam. Cyanobacterial blooms are caused by excessive nutrient runoff into the dam and thermal layering caused by suspended sediments. The first step was to fence the dam to exclude stock. The dam, previously containing no aquatic

vegetation, was vegetated with native plants that would not turn into aquatic weeds. Plants used were oval-leaved or swamp lilies, spike rushes, curly pond weed and water primrose, the latter growing the most rapidly. The plants improved water quality by reducing the amount of nutrients and suspended solids in the water. In approximately 14 months water quality had improved and there was no evidence of cyanobacteria. As a temporary measure, where no other water is available for stock, affected water can be filtered through a carbon-activated system.

## FIVE-STAR ENERGY RATING

From 2003 five-star energy ratings will be required of all new homes built in Victoria. The star system will only apply to the house's heat retention and exclusion capacity based on insulation, window sizes and orientation, and the thermal mass of building materials. It does not rate appliances, lighting, embodied energy or other environmental issues. The new measures are expected to halve the amount of energy used for house heating and cooling and reduce greenhouse gas emissions by as much as 38,000 tonnes per year. The added building cost of integrating the new measures in a house is expected to be from \$1100 to \$3300, with savings on annual energy bills being in the region of \$200 per household.

To arrive at a rating for a house, plans will be analysed by accredited 'raters' using FirstRate software developed by the Sustainable Energy Authority Victoria. A list of all the accredited raters is available from: [www.seav.vic.gov.au](http://www.seav.vic.gov.au)

## OZONE HOLE SHRINKING

Australian scientists have announced that the level of chlorine from chlorofluorocarbons in the atmosphere plateaued about two years ago and has now begun to fall and that the ozone hole over Antarctica could be closed by 2050. Climatic factors have caused the size of the ozone hole to vary over time, but scientists are confident it will diminish steadily from 2005. ♻

# FEEDBACK LINK-UP FEEDBACK

Dear GRs,

My husband and I live on the north coast of NSW with our two children, Karl two years and Kate 10 months. We are currently retrofitting our A-frame house. The bottom half of the house was built with Besser blocks. The top half is an iron roof on the outside and the inside has chipboard lining inside wooden beams. We want to **EITHER RENDER OR 'BAG' THE BESSER BLOCK** walls on the outside and inside. Is there an envirofriendly method of doing this, or is the conventional method of cement the only way? Also, we want to get rid of or cover the chipboard lining on the inside. Is insulation and gyprocking the best option? Again, are there any other envirofriendly options? The last question is to do with a large area of cement slab (under cover) we have which we want to turn into a functional outside play area for the kids. I read in a previous edition of GR about a method using beeswax, turps and an oxide to produce a nice envirofriendly finish. Does anyone have a recipe for this or any other suggested methods? Your help would be much appreciated.



Eleanor Meehan,  
22 Kingsvale Rd, MYOCUM 2482.

Dear Grass Roots,

We always learn something new in each *Grass Roots* issue, and you've done it again in issues 148 and 151.

Ken Woods of Shoreham might be interested to know that there is a third variety of **CAPE GOOSEBERRY**. We have a yellow one. We'd be happy to exchange cuttings or seeds. The only insect we have found to harm our bushes is the red spider mite. Our bushes have at times been so overrun with them you can hear the orgies going on until the wee small hours of the morning. The only solution is to cut out and burn. Hot dry summers with inadequate supplementary water seem to be the cause.

The **MAREMMA** articles have been good. It is great to hear from owners who know how to look after their guardians. Ours are fed twice a day with well balanced meals which include minced chicken, raw chopped silverbeet and carrot, the occasional small portion of ox liver, chews and marrow bones. They're also given lots of cuddles. Our view is if you want sheep and/or ducks in the Strzelecki ranges you have to have Maremmas. They more than earn their keep and deserve to be well looked after. We don't get our dogs clipped, but choose to pluck out the wool whenever we're with them. They love the attention, although taking liberties with their rear end is frowned upon and distracting them with a good tummy rub only works for a short time.

**EGG SUBSTITUTE:** A big thanks to Karen Bloomfield (GR151, pg 37) for that bit on sago. We've just changed over to a vegan lifestyle and the cook can use any helpful hints anyone has.

To Norma Blanche of Moree (GR151, pg 41). I teach home wine and liqueur making – only natural ingredients and in plain English. If you're interested drop me a line with an idea of the kinds of fruits, vegies, nuts or herbs/spices you would like to use. If others are interested, I can always do another article for GR.

Finally, we breed **AMERICAN PEKIN DUCKS** if anyone is interested in fertile eggs. They're great layers, large-size eating birds and loads of fun. They are \$10/egg, which includes postage and handling. We can include some incubating notes if wanted, or you can just stick them under a broody chook. As a general rule, please don't plan on housing them with chooks as they can't defend themselves – having round beaks as opposed to sharp pointy ones. We also breed pure Cheviot and Perendale sheep if anyone is interested.

Claire Hardman,  
'Marandoo', 380 McCartins Rd, FOSTER NORTH 3960.

Dear GR Readers,

Hello and here's hoping this letter finds you healthy and happy. My plea echoes a request in GR151 by Bill Knight of Christies Beach, SA. My partner suffers (sometimes badly) from **PSORIASIS** and has tried many different remedies over the years, to no long-term avail. A few months ago I was going through back copies of GR Feedback pages and came across a letter by Cheryl Kennedy of Coolum Beach, Qld (GR133, 1999). Having just moved and acquired a 'permanent' address, I wrote, but the letter was returned. Cheryl, if you are reading this, hello. Could you please write again to GR and leave a contact address so we can access these skin-care products?

In the meantime, this might help other psoriasis sufferers as my other half says it relieves the itchiness and hence stops him scratching. Cutting fingernails helps! Take 750 ml olive oil, 2 tbsps malt vinegar, 2 tsp ground black pepper, 2 tsp ground ginger. Whisk well in bowl and bottle. Leave to steep two to three weeks. (I used to shake up every one to two days.) Rub on affected areas.

Laura Webb,  
8/42 Calytrix Rd, KARAMA 0812.

Dear Mary & Readers,

My current job is to convert yoghurt containers into flower pots. We use a container each week, so there is a large stack to work on. I stack about eight upside down; using an electric drill with a nine-millimetre drill bit, drill several holes. Doing eight in each stack, I soon have plenty of ready-to-use flower pots. My present supply is not strictly for the flower power boss, as I am plotting to pot lettuces in them. Several light sticks pushed into a pot will be covered with a translucent shopping bag to create a mini hothouse for lettuce seedlings. After dahlias are lifted I'll be giving a batch of strawberries similar treatment to the lettuces, in an endeavour to get early berries.

Without space to keep a cow, we now usually buy our milk in three-litre containers. We find these containers make XLNT mini solar nurseries. I lay the container long side flat on the workbench and, with the bottom slightly over the edge of the bench, using a hacksaw with a fine-toothed blade, I hold the saw at a steep angle and use light pressure so the bottom of the container is easily sawn through. We find milk containers XLNT for the brassica family as they get goodly growth before the container need be removed.



Ken Woods,  
79 Blake St, SHOREHAM 3916.

G'day Folk,

I read in a recent issue regarding a topic: 'but been there . . . done that.' Many readers who haven't been around since issue one haven't 'been there' nor have they 'done that'. There is so much that is the **BASIC FOUNDATION** of a GR lifestyle and to occasionally print such an article rather than giving a reference number of a past issue would treat your newer readers with the same respect as those who have been with you since day dot. Your anniversary issue was great, so maybe the aforementioned topics could be framed in a 'then and now' format that all readers could enjoy or benefit from.

It's great that more poultry articles are creeping in, especially the husbandry topics, although I am rather fond of the occasional human interest story relating to animals.

I'm terribly sorry if this quick note has rather a negative feel to it. It wasn't intended to be so. I love 70 percent of your mag and wish to continue doing so for years to come.

Anthony McKenzie,  
'The Retreat', Station St, GEROGERY 2642.  
*Which 70 percent Anthony and which topics would you like to see basic articles on?*

# FEEDBACK LINK-UP FEEDBACK

Dear GRs,

Love your magazine and spend many hours planning and using many of the tips and ideas at our place. Our water tank has a top that is beyond repair, so we are saving for a new one and hoping to make vegetable gardens out of the old one. I have the area all planned, so once the new tank is up the old one will be cut into three and set in place. An old clothesline is already in the area waiting to be turned into a trellis. There are so many things I want to try, but need to fit them in with a partner, full-time work, children and grandchildren. Life is full and I am fortunate enough to be able to do many of the jobs myself, so it's also very satisfying. My Dad was 92 years old last month and instilled in all his five children the value of hard work, so I am happy to continue for as long as I can. At 53, I hope for many more years yet.

I've sent a photograph that shows the advance of one of the country's growing menaces – the **BAGGUS PLASTICUS** (an offshoot of that other feral urban menace the *Trollea shoppingus*). Unfortunately, because of its more mobile nature, and with the help of the prevailing winds, this menace is spreading quickly over the countryside. At least, for the present, the *Trollea shoppingus* is restricted to the areas surrounding large shopping centres.

I live on five acres at lovely Fernvale, about 30 kilometres out of Ipswich in Queensland, and the *Baggus plasticus* is becoming a more and more familiar menace. I try to walk my boundary at least twice a month to keep the area clean and collect any rubbish thoughtlessly thrown from vehicles as well as blown by the wind. The *Baggus plasticus* is one of the more common finds.

When plastic bags were first invented they were hailed as a winner by all. I must admit to using them myself, but I always try to make them last as long as possible for other uses as well as what they were originally made for (garbage bags, storage bags, carry bags etc) before consigning them to the rubbish bin. Some time ago there was news of a plastic bag that allegedly decomposed rapidly once thrown out. As I have not seen them in use, I gather that was an idea that was either too costly to produce or not enough interest was shown by the big companies that would be purchasing them.

One of my more special finds was a door from an old shed that I have turned into a unique gateway to the fowl house. When my youngest daughter and her husband pulled down an old shed in suburban Wynnum to make way for a garage, I could not let the old-timer door go to the tip with the other rubbish. It now stands ready to be put in place as soon as time permits.

We are currently experiencing a very dry time, along with many other areas of this magnificent land. It is fascinating, and somewhat depressing, to see the paddocks go from green to dirt in an amazingly short time. While we are fortunate to have a bore on our property that allows us to keep the little garden I have alive, the majority of the place is looking a bit sad.

Well, I am off to do a boundary walk to check for any sign of the feral pest and to do my bit in keeping the *Baggus plasticus* off my patch of Australia.

Lyn Parker.

Dear GR Readers,

I have been a strong supporter of *Grass Roots* for the past fifteen years. It was handed on to me from my mother who bought every edition, read them from cover to cover, and still does.

I was raised on a hobby farm with the main focus on our goats and veggie garden and alternative lifestyle. We were fed on home-made bread, jams, pickles, cheese, butter etc. We were dressed in homemade clothes and shoes. Our forms of entertainment were arts, crafts, animals, imaginary games and building cubbie houses. Barbie and Ken were banned from our house because they were

seen as unrealistic role models. TV was seen as commercial crap and when we finally purchased one, when I was eleven, it only had one channel, Channel Two. By the time we could walk and think for ourselves we were protesting about the slaughter of seals and whales and the destruction of old-growth forests.

At Christmas we would bake apple pies; Dad would brew his own beer. Mum would wrap them up with a ribbon and load up our push-bikes and send us off to wish Christmas cheer to our neighbours, some of whom had signs on their gates, such as 'trespassers will be shot', or others that lived under sheets of tin and hessian bags.

I thank my mum and dad for these times and cherish these memories. It has always been my dream to live in a similar way (not quite as radical). Yet here I am in the middle of the rat race, surrounded by strangers, paying exorbitant rents and working full time. We still try to do what we enjoy: gardening, art, composting, worm farming, cooking, and surrounding ourselves with children. I am now experiencing burnout!! My partner and I have taken the plunge and bought our little piece of paradise – five acres in Urunga (near Coffs Harbour).

We are finding these times very hard. My partner works a 50-hour week and I work a 40-hour week. We have one child with us, she is 10. We are feeling like robots – we do the same thing over and over again. We are trying our hardest to get ahead and onto our block. We are currently paying a home loan, personal loan, rent, bills, car payments, schooling, food etc. The bank won't lend more money unless we have a long work history in the same positions, so we have to remain here. We have designed a shed to live in while we are building our house (this seemed the quickest way to get to the block).

I work in mental health, specialising in alternative therapies, and my partner is a cabinet maker, currently working as a set builder for movies. We both enjoy our work, but want to spend more time together as a family and doing what we love. I would love to hear from others who have experienced similar stresses, so I don't feel totally alone. Also, if anyone can help with **CONTACTS IN THE COFFS HARBOUR AREA**, for second-hand or cheap building materials such as concrete blocks, timber, roller doors, concrete etc, also machinery such as a bulldozer or a slash-er. Finally, we need cheap accommodation for two weeks while we are building. A nearby shed with water would do. Tents aren't comfortable when you are working hard all day.

Any like-minded people, I would love to know more information about the area we will one day call home.

Fiona Stevens,  
338 Edgeware Rd, NEWTOWN 2042.

Dear Grass Roots,

In GR149 an article was written by Rosemary Sage on the herb **THYME**. It is very interesting to me because I'm in hospital with bronchitis and asthma. It doesn't tell one how to take the herb to relieve respiratory symptoms. Do you put it in water, infusion, cut/chop it into food? I've written to Rosemary asking her how because a long time would elapse before you could put it in the magazine. I'd like to ask people who write in with such articles to say how one is supposed to take the remedy.

Norma Mell,  
46 Tanderra Pl, SOUTH YUNDERUP 6208.



Contributors and correspondents who want letters or articles returned are requested to include correct postage.

# FEEDBACK LINK-UP FEEDBACK

**Dear Megg & Mary & GR Readers,**

I have finally got my act together to thank all for supporting me when I really needed it, also for putting my (carry-all bag) pattern in GR. Also I want to thank you for the book you sent me. There has been a lot of water under the bridge since then. I haven't fully recovered from my separation, it's so hurtful. I still miss my home and animals, chooks, garden. I am 58 now, so I find it hard to get motivated in the garden. My son can't seem to get the time to get a shed for me to have a few chooks. My children try to see me as often as they can. I wonder if any GR readers could write to me. It would be something to look forward to. Would anybody have some small **OLD PICTURES**? Pretty ones like birds, angels, fairies. I make living books and find it hard to get pictures here.

**Yvonne,**

**7 Roxburgh St, KANDOS 2848.**

**Dear Grass Roots Readers,**

I am a naturopath and would like to give some **ADVICE ON CANDIDA**. Even though many foods can trigger candida, or even stress, it does come about from a lowered immune system. I have found a remedy which anyone can take, even during pregnancy (I have tried it myself), with success. Liquid oxygen, available from most good health shops, is the remedy to try and can be taken every day for as long as one pleases. Candida likes to thrive in cells where there is the least amount of oxygen. If cells are supplied with the correct amount, candida will die and not come back

**Mrs Dollinger, ND Iri dip, Mech dip, Hom cert,  
200 Gary Rd, KERNOT 3979.**



**Dear Megg & All at GR,**

Enclosed is my sub for another year of GR, still wonderful value in this day and age. And belated congratulations on your 150th! It seems no time ago at all that issue 100 came out, I'd better be on my toes soon for the 200th.

I have in the past few weeks been through every back issue I can locate trying to find a particular subject, to no avail. Of course, I was sidetracked every time I opened another issue, something always caught my eye. I ought to have done the job in a couple of days, but no chance! The search was for an article on the use and modifications of **TIN SHEDS** (steel farm buildings) for holiday accommodation, adding carports etc for pleasant outdoor leisure areas. I have in mind that it was from Roberino or someone with the same turn of mind. Can you help? Perhaps I have got it completely wrong and it wasn't in GR at all.

Thanks for your mention of my Nullabor adventure in GR147 'Gumnut', I gained a nice friend from Geelong from that (Heather Howard). Actually, I received her first letter before I had begun to read that issue. I was puzzled for a little while about how she came to write. Then the penny dropped, her letter must have been forwarded from your office. Sure enough. We have since exchanged chat about our various travels. Heather's concern centres on safety, which I have told her has never been a worry the way I go touring. But she goes off to the deserts and outback (albeit with others) and that would frighten the life out of me!

Last winter Megg, you mentioned your 'cut and come again' broccoli and Dean doing the same thing with cauliflowers. Have you continued that? If so, would like to know how it is faring, maybe how long you have been able to keep the individual plants?

**Lynda Ansett,**

**2 Hilltop Ct, MIRBOO NORTH 3871.**

*The article you are after was indeed contributed by Roberino. It appeared in GR133. Megg says the broccoli lasted two years and was then pulled out and replaced because the florets, although plentiful, were very small.*

**The Editors,**

I felt I should comment on the article, 'Innovative Worm Farm', in the June/July GR. I work as a consultant to the organic waste management industry and part of my brief is to advise on **VERMICULTURE SYSTEMS**, both in Australia and overseas. I am the author of several books on worms, amongst which is *Earthworms in Australia* which has sold 50,000 copies.

The use of worms as a major tool in converting organic wastes to a valuable resource is grossly underutilised, and I'm sorry to say one of the reasons is articles such as this. Every aspect of what was done in that article is a definite no-no! Usually, the result is failure and a prejudicial view of the value of worms. On more than one occasion a result has been hospitalisation!

Firstly, usually, a bath filled the way described will initially develop a temperature range sufficient to kill compost or manure worms. This stage of high temperature is shortly followed by an anaerobic state which will kill any worms that may have survived. Reason: the materials added to the bath are of a C:N ratio 35 to 50:1, a level at which thermophilic bacterial action is quickly promoted – until the oxygen is consumed. Then, unless the material is thoroughly aerated, because of the fact that the only air available is on the surface, anything more than 50 millimetres below can only turn anaerobic.

Secondly, the liquid produced was apparently thought to be a vermicast solution, but it is not. It is simply a manure leachate. The described practice is dangerous because any pathogens present in the manure will also be present in the leachate which is always anaerobic, an environment in which pathogens proliferate. When this leachate is sprayed out, the pathogens are aerosoled and can be inhaled – sometimes with disastrous results. Certainly, any vegetables sprayed are covered in pathogens and should be washed thoroughly before eating.

The list of pathogens which you could expect to find in the solution collected under the bath include: *Salmonella* sp, *Legionella* sp, *Shigella* sp, *Escherichia coli*, *Entamoeba histolytica*, *Taenia saginata*, *Trichinella spiralis*, *Brucella abortus*, *Micrococcus pyogenes* (aureus), *Streptococcus pyogenes*, *Mycobacterium tuberculosis*, *Bacillus anthracis*, *Clostridium botulinum*, *Clostridium tetani*. No sane person would want to be sniffing or eating any of these!

I really think it would be a wise precaution to advise your readers of the dangers of following this article as a model. Any readers who wish to do so may contact me for free advice on using worms at: [murphy@netconnect.com.au](mailto:murphy@netconnect.com.au)

**David J Murphy,**

**57-61 Derby Rd, MARYBOROUGH 3465.**

**Dear Team,**

Thanks heaps for all the tips that we city dwellers can still use in our environment. Articles are wonderful, Feedback – wonderful, whole mag, – wonderful, in fact I've just been rereading parts of GR151. In Feedback, Karen Bloomfield has given a very good tip for an egg substitute – something I intend to try out very soon. Karen gave the exact measurement required. How often do people miss this vital info? Or they just say, 'A packet of . . . etc'. Just about everything comes in more than one package size! On page 72 you ask people to use metric units in their articles, yet on page 16, 'Grandma's Epsom Salts' tells us, 'A foliar spray can be made by dissolving half a packet of Epsom salts in 10 litres of water.' What size of packet? Do we dilute the resulting brew, or use it full strength?

Perhaps you can add a small comment in an upcoming issue, asking contributors to use more detail re **METRIC UNITS** and not packets etc.



**Marion S Rodger,**

**PO Box 78, GREENACRES 5086.**



# FEEDBACK LINK-UP FEEDBACK

Dear GR,

Thanks for a great mag. I am looking for plans **TO BUILD A WATER LIFT** because I am having trouble getting up and down stairs. I am prepared to pay for plans if some reader has them.

**Laurie Eastough,**  
4 Jasper St, RUSSELL ISLAND 4184.

Dear Megg & Co,

Here is an idea for readers; I am surprised that no one is marketing a kit. As I am a forgetful gardener and don't always remember to water regularly I devised this **SIMPLE WATERING SYSTEM**. Take a large plastic container, stick in, on extension tubes, a couple of drippers, about 20 centimetres above the bottom (to keep them out of the sediment). Fill with water and replace the cap firmly. Set the drippers so that they *just* drip. As the sun heats the water and the air in the container, so water will drip faster (when the plants need it most). At night when it is cooler the drips will be slower. You can also add liquid fertiliser. Next year I am going to adapt the system to drip-feed a hydroponic garden.

I would like to share my experience with you. It is extremely important for anyone who is contemplating entering into a 'relationship' to first obtain some sort of **LEGAL AGREEMENT IN REGARD TO PROPERTY** to cover yourself against the relationship failure. Some solicitors are now operating on a 'no win, no fee' basis. This means that through no fault of your own you could be placed in an invidious position. I repeat a section from a solicitor's letter.

'The writer (solicitor) is of the view that you have a claim against Mr ? If such a claim is made, Mr ? finds himself in the difficult situation that he either has to pay the lawyers a large sum of money to defend your claim or consider paying you at least sufficient funds for you to desist with your claims. We would suggest that you make a demand of him through this office in the sum of \$ ???.'

The solicitor will only take the case on if you have property, money or superannuation. Even if your ex-partner does not have a case against you and you win and are awarded costs, first you must pay your costs and then try to recover them from your ex. If he or she has no assets, then once again you lose. It is a form of blackmail but absolutely legal. You either have to choose the moral ground and fight, or submit to the blackmail and negotiate. This does not just apply to one sex; women can be sued as well as men. I would have staked my life that my ex-partner would not stoop to doing this to me, but she certainly did. It is also important to realise that if your partner should steal or damage your property, you cannot claim on your insurance policy, also the police are very reluctant to follow up your allegations. On that happy note I wish you love and light.

**Jacko,**

47 Heckfield St, MACARTHUR 3286.



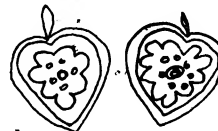
Dear Grass Roots,

Re **HERB ROBERT**: At the age of 74 and widowed for the last 17 years, it is necessary for me to limit the use of my right arm as 11 years ago I had radical surgery for breast cancer and lost all of my lymph glands. Refusing radiation was my choice as I had seen what it did to my husband. For four years I was on the wonder drug Tamoxifen, until it was necessary to buy a walking stick to get from my bed to the bathroom because it eats the calcium in your body.

All told about 60 people asked for seeds and information about herb Robert. I put my rubber stamp on each letter I sent so that if they needed any more growing information they could phone me.

After I started taking herbs (Robert, garlic, echinacea and horseradish) my health improved. I can truthfully say I have never been healthier in my life. Don't even have a flu vaccination and years ago I used to get bronchitis and pneumonia. Six or eight herb Robert plants in a hanging basket looks a bit like maidenhair fern with pink dots on it.

Many thanks for the gracious people who sent me seeds: sweet peas, jasmine and pepino. One lady invited me to call on her in South Australia.



**Lillian Ronald.**  
Ph: 02-6029-5254.

Dear Megg & Friends,

Ongoing thanks for all the interesting articles in *Grass Roots*. I eagerly await the next issue! A relief at last, in early middle-age, to have learnt to take time out, put up the feet, have a cuppa and a read. It has taken some years to appreciate the necessity of a balanced lifestyle, and much experience, including a bout of **CHRONIC FATIGUE** (despite all the healthy organic tucker) and a divorce. Many of your readers responded to my article in GR just over two years ago. Until recently, there has still been the occasional phone call. Health problems, for the first time in my life, having necessitated a change in life-pace, I scaled-down Country Tucker to a handful of customers. Eventually I was approached by a very caring family who are now building up the customer base once again. I have purchased an on-site cabin in a residential cabin park and am happily adjusting to a new lifestyle, complete (of course!) with a small compost heap and the beginnings of my veggie garden! In my quest for a return to health and energy, I have rested, rested, *rested* and tried a variety of suggestions from friends, natural practitioners and fellow CFS sufferers. A lot of inner reflection and especially spiritual re-orientation. Slowly energy is beginning to return and, although not recovered, there is at least light at the end of the tunnel! Two things I have found particularly helpful, but have so far not seen mentioned in GR, so I would like to share them with readers. One is a common herb (which grew prolifically on my farm) called **LEMON BALM** which calms the nervous system and fights off all viral infection (also good for cold sores!). One to two cups of tea a day brewed from freshly picked leaves (or dried) is recommended. The other is a range of jewellery made from iron-ore (hematite), said to have a positive effect on the bloodstream and help increase resistance to stress. I found the jewellery in a newsagency at Tullamarine Airport some time ago, but it is now fairly readily available in bookshops, gift shops etc. I started using both around the same time and noticed an improvement in energy levels and general attitude.

I am amazed how life brings about change – as one door closes, another opens! Rather than see the many years of hard, physical organic tucker work go unheeded, I have used the change in lifestyle to take up an interest in writing. I have commenced with a series of short stories, or stories-to-be, recounting experiences of life on the farm, helpful advice, insights into running a small business . . . The next step is publishing them. If any readers could help me regarding publishing, I would be very grateful because it is a totally new direction I am going in.

**Pam Tucker,**  
PO Box 670, EMERALD 3782.

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

# FEEDBACK LINK-UP FEEDBACK

Dear GRs,

I was interested in all those readers' responses to the 'beware of the bull' article. When I was very young, the 'Bull's Paddock' (it definitely qualified for capital letters) was pronounced in the same tone as 'Dragon's Den'. We were constantly warned not to go near it, and we knew that if we did, and the bull didn't get us, an adult would. I once got a ding around the ear because I (apparently) looked like I was thinking about going near the Bull's Paddock! (In fact, I was watching a magpie.) Amazing how well we remember unjust punishments. Stallions were the other fearsome local farm animal, and even though we didn't have one my dad often warned us about them. He used to tell us about a man he knew who was killed by a stallion. Caution is definitely a good lesson to learn, even with pet roosters.

Fiona,

PO Box 129, ENMORE 2042.

Dear GR Readers,

We have recently purchased 360 acres of scrubland in the southern Flinders Ranges near Port Pirie, South Australia, and are planning to build our own passive solar house using local stone and/or straw bales. As we have had no previous experience in this area, it will not be started straight away because we need to check it all out first. We are seeking information from anyone who has had personal experience of **BUILDING A SUSTAINABLE HOME** using such products as solar power, wind power, composting loos and building with stone or straw bales, or anyone who might be able to advise us of pitfalls to beware of and shortcuts we might take. Does anyone have any idea how to **GET RID OF THISTLES**?

Look forward to hearing from you.

E Russell,

48 Billing St, WHYALLA PLAYFORD 5600.

Email: eilbp@optusnet.com.au



Dear GRs,

A bit late perhaps, but I can add a couple of hints to items discussed in GR 131. For Claire and Tom, wanting to **RECONSTITUTE SOAP** (and anyone else who just likes to use up those small slivers) there's a better, simpler way if you just wish to use it. Get a piece of foam plastic about twice the size of a cigarette pack, but at least five centimetres thick, then cut a pocket in one end, as you would for a pocket steak. Odd bits of soap inserted into this pocket will lather well under the shower, and, better yet, you don't keep dropping the foam block.

For Vivienne Manouge: **DEHAIRING SKINS** can be done much more simply by stirring a couple of shovelfuls of fresh wood ashes into a bath of water, immersing the skins, then stirring every day or so. The hair/fleece will fall off within a few days to a couple of weeks, depending on the weather.

Here's a suggestion to the slaves at the coalface in the GR office, who are well up on computers to help their publishing. Voice recognition software has come a long way recently, 'DragonDictate NaturallySpeaking' (which I am using now) is up to version 6, and IBM will shortly release version 9 of their 'ViaVoice'. This will allow complete control of the computer, similar to 'DragonDictate'. These programs do require some training, but they are certainly well worth the effort, as they do increase production plus make the job very much easier. I am only a mug typist, yet I find that with this voice recognition I can consistently dictate at 40 to 45 words per minute.

Jeff Lewry,

Hume Hwy, BOWNA 2640.

Ph: 03-6020-3240.

GR Dreamers,

For all those of us who have dreamt about **MOVING ONTO A BUSH BLOCK** – it's not 'easy', takes years, but it's great doing it. I've enjoyed every moment. Looking back, I feel I would have benefited from gaining experience first by working on GR properties before taking the plunge. With over 10 years experience now, I'm prepared to help others fandle the difficulties of taking the plunge, from setting up water systems, solar panels, inverters to building construction. Plenty of accommodation – caravan and A-frame cottage for single or family nonsmokers. Lots of projects to help with. No rent, help where you can, gain experience, enjoy yourself, contribute \$50/week for single, bit more for families, towards food and costs.

My 40-acre GR property is on a hillside with 70 – 90 fruit trees, giant granite boulders some balancing, beautiful birdlife, magnificent views, long walks in nearby Girraween National Park, but no rainforest or running creeks, just the sense of achievement in taking rough virgin land and trying to blend into the environment. It's a work of art. Good company and enjoyable evenings by the fire-side. Some work available in the Stanthorpe wine and fruit orchard regions nearby.



Danny Brett,

PO Box 95, BALLANDEAN 4382.

Email: sanssouci@halenet.com.au

Dear Fellow Land Lovers,

After all these years of reading GR I have finally got around to sending in a letter. I have read in the magazine all the things that can be done with **DANDELIONS**: making wine, using in salads, and how good it is for the liver and so on. I decided to experiment and after some time was able to develop a very good liquid fertiliser. I had it tested by the CSIRO in Ryde in Sydney. The results were very satisfying indeed. Being on a pension I have to use my own resources and GR has taught me a lot. The recipe is as follows. Take 12 grams of dandelions and shred them. Place inside a 2-litre container and fill with water. Place in a warm place outside and allow about three weeks in summer (longer in winter) for a complete breakdown. After the herb has completely broken down, place in a very dark spot to darken the mixture. Strain and use one part to ten of water. Use every seven days. The mixture will have a pungent smell but soon disappears when broken down. I have given away a lot of this mixture and the recipe to my friends who swear by it, particularly on leafy green vegetables and fruit trees.

I have been given an Apple computer (Ic111) by a very dear friend. We are fairly isolated here in Deni and I wonder if anyone could sell me some software (legally of course), or let me know where I can obtain some – games, programs etc.

I grow aloe vera successfully and wonder if any readers would have recipes for making creams etc.

Mark Jones,

2/439 Harfluer St, DENILIQUIN 2710.

Dear Grass Roots,

Could any reader please tell me if it is still possible to buy a Malleys type **CHIP BATH HEATER**?

Don Carpenter,

7 Margaret St, ST MARYS 2760.

Dear Grass Roots,

For Helen Fitzpatrick who wanted Bullock Heart tomatoes, try Eden Seeds, MS905, Lower Beechmont 4211. Send for a free catalogue. They have a good range of tomatoes. Has anyone got any old riddle books? If so, if you have no more use for them, send them to me. I will pay in stamps.

Jack Mann,

4 Cannon St, TOOWOOMBA 4350.

# FEEDBACK LINK-UP FEEDBACK

Dear GR,

Congratulations on a great mag. We currently live in the suburb of Elizabeth North, but hopefully it won't be long before we can go out to Lewiston, a rural area 20 kilometres from Elizabeth, or Gawler, SA. I'd love to hear from anyone who has **HOME SCHOoled THEIR CHILDREN**. We have two boys, seven and nine years olds and, since hearing that 30 percent of children going through the school system can't read or write, it worries me greatly and I feel I could do a much better job. What curriculum do I follow? Even though I know the main subjects are maths, spelling, reading and the environment, I also want them to learn how to grow fruit and vegetables and be free from a classroom's four walls – to get out and explore the world. What are the laws regarding education in SA as far as home schooling? I lack a little bit of confidence, but does that come along the way? My children have expressed a desire to try it and I really feel it would be in their best interests. Thanks for any help available.

Wendy Goss,

16 Sedgemoor Rd, ELIZABETH NORTH 5113.

Dear GR Readers,

I am interested in receiving letters from readers who have some favourite recipes. I am particularly interested in **FIBRE-RICH FOODS** because I have three boys aged five to nine who all suffer from constipation. I have recently come across LSA: linseed, sunflower and almond mix. Also, brown rice recipes that are reasonably healthy, and fresh fruit and veggie recipes. I enjoy cooking for my family, but am needing some healthy **ALTERNATIVES THAT FUSSY KIDS WILL EAT**. Can you help me? Please write.

I also have a particular interest in any quick, relatively easy **CRAFTS** that aren't too expensive for our school fête for Middle Swan Primary School. If there is anyone in the area who is prepared to provide any entertainment at our fund-raising fête, please write or phone 08-9250-7451. You might like to have a stall.



Irene Turnley,

35 Edwards Entrance, STRATTON 6056.

Dear GRs,

I enjoy reading *Grass Roots* and all the information it contains. Readers might be interested in knowing how I cured my dog of **LOSS OF HAIR** after a flea infestation. I worked out that the hair loss was drying of the skin and remembered that I had read that olive oil and lecithin mixed was very good for the human skin. I blended granular-type lecithin with olive oil and used the mixture to coat the bare areas of skin. It did not take very long to work.

I wonder if any readers would know where I might obtain the following plants as the nursery I was dealing with has closed: Chilean guava (*Ugni molinae*), bilberry (*Vaccinium myrtillus*), Ceylon hill cherry (*Rhodomyrtus*), warty wattle (*Acacia coriacea*), bramble wattle (*Acacia victoriae*), tara vine (*Actinidia arguta*), Chinese bayberry (*Myrica rubra*).

G Holroyd,

27 Kanooka St, RIVETT 2611.

Dear GRs,

A big thank-you to everyone who sent me information and letters concerning the magnetic flyscreens. I was inundated with replies. I did intend to reply individually, however, having now received 18 replies, that is quite uneconomical.

So, again, to thanks everyone for your time and effort, it was very helpful and much appreciated.

Beverley Duncan,

145 Kiel Mountain Rd, WOOMBIE 4559.

Dear GR & Readers,

I am hoping I can find some help, and hopefully a cure, for a dreadful **TUMOUR** which my auntie has been battling with. She has basically been told that there is nothing they can do, but I believe in alternative medicine and she is willing to do anything. So I am calling on anyone who can be of assistance to help to get rid of this awful tumour. It is growing on her shoulder and appears to be getting bigger. I have been given advice on cancers and tumours before, but basically only information that people have read about. What I am looking for is people who have **ACTUALLY TRIED THESE REMEDIES** with success, and to be able to correspond also with these people who have beaten cancer. I am hoping that she will beat this and I know she is hoping and wishing the same.



Mrs R Bailey,

7 Serenity Drv, MARYBOROUGH 4650.

Dear GR Readers,

In response to P Ferguson (GR151) on **CANDIDA ALBICANS**: I just wish it was as simple as you make it out to be – either eating plain yoghurt/Yakult or douching with a vinegar rinse. If you suffer from this condition for any longer than two or three days, it is time to start checking out what the source is that triggers candida. I only found out that I had an overload of candida in my system by having a Vega test. I was not sick, but I was not well either – very tired, lacking in energy, hungry within two hours of eating and generally not my usual self. I was also very stressed at the time. I'd had thrush off and on over the last five-year period. I usually cleared it up myself with Australian Bush Flower Essences and by eating garlic.

I went to see a naturopath, after Vega testing. He told me that I had an overload of candida in my system, as well as my blood sugar levels going up and down like a yo-yo. My hormones were out the window and my digestion couldn't cope. This was last February (2001). I immediately cut out all wheat, yeast, sugars, fruits and dairy from my diet. I basically went on a very strict cleansing diet. Gradually, as the months went on I noticed what other foods I reacted to: peanuts, oats, barley and rye were added to the list of forbidden foods. This left me with corn and rice as the only grains that I can eat.

In November 2001 I had a really bad dose of flu and went on a course of antibiotics. This upset my system drastically. It took me another six months to return to where I was prior to having antibiotics. It has taken me 18 months to get my candida under control to the point where, if I stick to the foods that I am now able to eat, I am all right.

It is very difficult for me to go out to dinner, or go to a friend's place for a meal, because I am, and will have to remain, on this very strict diet. This does not bother me, because I love cooking and experimenting with different substitutes for any recipes I want to try. I can get very creative in the cooking department, to the point where my friends want to come to my place for dinner because they know they will get something entirely new to eat.

I am writing this so that if any other candida sufferers want to talk to me, I am more than willing to do this or exchange recipes etc.

Carol Canton,

PO Box 9011, SLADE POINT 4740.

Ph: 07-4955-3390.

Email: carolc30@easynet.net.au



Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

# FEEDBACK LINK-UP FEEDBACK

Dear GR,

Thanks for a great mag. I've been a fan for many years. I have just recently moved 'back home' for awhile, for family reasons, from Queensland where I had lived for nine years. I am wondering if there are any GRs out there who would like a hand in their garden on weekends, eg elderly, disabled, lonely?

Wendy Garwood,

322 Bass Hwy, LAUNCESTON 7250.

Dear GR,

Kay in GR 151 asked about **REPAIRS TO LEAKY TANKS**. Over the years I have seen many hopelessly rotten and rusted tanks repaired using skills and techniques used for centuries on leaking ships. The principle is the same for both, but just imagine that you are in the 'boat' and the 'sea' is inside the tank and you will get the general drift.

If Davey Jones's locker was waiting for you, you would have to come up with something. A patch was usually placed over the hole and the sea's water pressure would keep it in place. A piece of leather was traditionally used, with ropes at each corner to locate it.

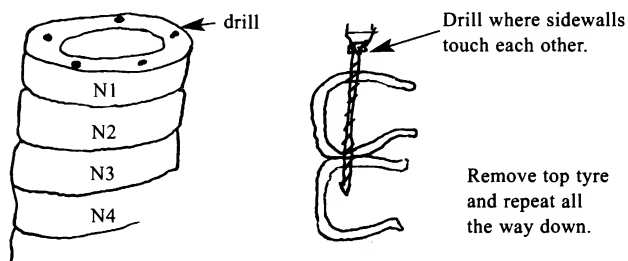
Today, with such an array of silicon sealants and plastic membranes, the task should be easy by comparison. Silicon gutter sealer sets under water. Presuming the leaks are at the bottom of the tank you could use clay because this is used to seal dams. You don't say if the tank is empty or almost so, in which case the task is much easier because you can see what you are doing from the pressure side. You must have a tank fixer in the region; yours is not a unique problem. More info would be helpful as each problem area has a best course of action. One old fix was to pour 'dry' concrete in, so long as there was no water in the tank. If the hole looks deliberate, someone might have considered the tank stand unsafe because the weight of a full tank can be lethal. If this is the case, repositioning the tank on a slab of concrete is the safe option.

If all the rest of the top of the tank is good and just the bottom is rusty or holey, you could turn the tank upside down and seal the manhole, inlet and outlet and provide these in the old bottom. I'm sure a tank man-cum-sheet metal worker will have a few ideas.

Since GR 151 I've had people write that they can't see how to **DRILL THE TYRES** for the fixing bolts, also they think that the bolts will rust. Well, it depends on how long you want to keep the tank, so I suppose you really should use stainless steel bolts, nuts and washers to make it a lifetime tank.

Drilling the tyres: First mark all the tyres when you stack them to see how they fit. Start with the top tyre and, using a long drill that will be a few centimetres longer than the tyre widths, drill downwards and through to the next lower tyre. This way all the holes are in alignment ready to silicon seal and bolt. I mark them with chalk so I don't get lost – north point and number – can't go wrong.

For purified drinking water, ask your water specialist in town for the easiest carbon-activated charcoal filter to replace, as they must be replaced maybe every four to five thousand litres. Depending on how bad the water is, faecal count testing is also a wise move, from your local council's laboratory.



Don't be fooled that tank/roof water is always pure – it ain't. A few bird or bat droppings on the roof or a dead rat will soon stop the 'pure rain water theory'. And if you are using creek or river or well water . . .! Poor remote communities here and overseas could benefit from these cheap-to-make pure water tanks, with mandatory filters. A good filter will remove all bugs and odours.

Russia is very cold but the people have learnt to live with it. For example, oversized winter boots are essential to cater for much thermal insulation inside them. Felt/Feltex 15 – 20 millimetres thick as an inner sole is a good start and 'Russian Sox' or polar fleece bandages compulsory. Experimentation with the number, width and length of bandages (like scarves) is required to gain comfort. The boots should be quite waterproof to prevent freezing and frostbite. Ten-centimetre-wide bandages are usual. Wind them from the toes upwards.

I was reading an old book about teeth which mentioned that **CLEANING TEETH HELPED YOU REDUCE WEIGHT**. If you clean and floss your teeth regularly your taste buds don't crave another fix too soon. Brushing your teeth after eating anything is a good idea to stop plaque build-up and saves a lot of agony and money later. Toothpaste is apparently not necessary for these quick fixes, but makes your breath smell a lot better and you only need toothpaste the size of a pea each time anyway. Always use an extra soft or 'sensitive' toothbrush because hard ones can reduce your gums and lead to your teeth falling out.

I would like to know what motivates people to be hoarders or tossers and like to get some feedback on the subject. Impulse and compulsiveness obviously play a role here, but I feel that the river of attachment and detachment runs much deeper than this. Many are in denial (*moi*) about their obvious weakness and maybe their parents have unwittingly passed on habits/traits to their offspring and maybe there are whole families as such.

Do material values extend to friends/neighbourhoods? Is it a socioeconomic ploy? Do hoarders/tossers worry too much about what the neighbours/work associates think? Do opposites attract one another or repel? Do children rebel against their parents or siblings activities/behaviour and do they go screaming and kicking in rebellion to garage sales/council throw-out expeditions? Do they cringe under the back seat should someone they know see them going to the tip? Is guilt a factor in any of this, or remorse at some long-loved object being 'lost' or 'tossed'? Confidentiality will be assured, so confess, confess!



Roberino,  
Lot 4, ARRAWARRA BEACH 2456.

Dear Grass Roots,

I had dreadful knife-like thrusts in my legs from one of these arthritic-kindred ailments, specially at 3am to 4am. I heard a man state that he was getting great relief from **ALOE VERA**. I don't know how he made use of the real plant or procured a mixture. I had plenty growing so I took a large leaf, put it through the vitamizer, strained it into a pickle bottle, filled it with water and took a tablespoon once or twice a day (I forget). It really stopped those awful pains. After a few weeks I discontinued the taking of it and back came the pains. This continued for over a year (again I forget, I'm 86). Then I gave it up eventually several years ago and have had no return of these sharp awful pains. So I believe that aloe vera controls one type of arthritis, osteo or whatever I suffered at that time. Vitamin E (500IU) controls my restless legs, thankfully – one tablet per day. I could not answer the letters so sent this to you.

D Brandon.

# FEEDBACK LINK-UP FEEDBACK

## Hello Down-to-Earth People,

Like many people, I have been interested in alternative lifestyles and 'greener' living for some time now, slowly learning more about different technology and information available. I have a five-acre property that had only three trees on it when purchased about four years ago, now it has irrigation and plants everywhere and all the mulch I can find.

I've got all the GR essentials: worm farms, composts, home-made (wood carved) pots, the start of a large orchard/vegie patch, tonnes of wood ready for my new wood stove, and a growing number of rainwater tanks and many ideas and plans for the future.

Again, like many people, finding genuine, like-minded people to relate to is a challenge; most people around my age (28) are into the usual – beer, football and fast cars. I don't drink, smoke or play football, or have the usual hobbies others do. I like plants, healthy living, interesting things and simple living. I feel out of place and haven't found people near my area to correspond with. Many people out there have no doubt experienced the same difficulties, the odd looks when you start talking about wood stoves and compost toilets, and getting excited at brochures on rainwater tanks.

Each to their own I suppose. It would be great to **CORRESPOND WITH LIKE-MINDED PEOPLE** around my age to exchange ideas, experiences and friendship. Keep up the good work, it is magazines like yours that give all the down-to-earth people a voice – and that wonderful feeling of not being the odd one out anymore.

Kane,

PO Box 2447, WHYALLA NORRIE 5608.

## Dear Megg & Mary,

Congratulations on a great magazine. I too, regret the loss of the Contacts column, as I am sure there are many people who would have met up through this service and ended up in a great relationship, as I have. Despite considerable scepticism on the part of my friends, I placed such an advert nearly five years ago. I would never have considered advertising anywhere else, as I felt the people that read GR are almost an extended family, with similar goals and ideals as I, in other words my kind of people. This kind of rapport can never be found on the Internet or other contact/meeting places. I was overwhelmed by the response and corresponded with a number of people over the ensuing few weeks. A very late reply, from someone not even an hour from where I live, resulted in my meeting the man of my life. We are now living happily ever after, thanks to you.

Which brings me to the second reason I am writing to you. We are hoping that readers may be able to give us some information or help with the following. I had always known that Dad had taken a motorboat down the Murray, but until my partner Graham read the book he wrote as a consequence (called *River Rovers*) we had no idea he was the first! In 1908 Edwin James Brady and his friend Jim Jones took a 16-foot skiff called the 'Lone Hand' 1500 miles down the Murray from Albury to Murray Bridge. Graham suggested we try for a re-enactment of the trip on the centenary. Somewhere, perhaps at Murray Bridge, the original boat might still be preserved. We are seeking any clues readers might have, or any suggestions for possible sponsorship and help.

Edna J Brady,  
PO Box 41, MALLACOOTA 3892.  
Ph: 03-5158-0654, fax: 03-5158-0900.  
Email: fegwa@net-tech.com.au

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

## Dear GR Readers,

From GR151: Karen Bloomfield, Tabulam: **LORENA STOVES** have been much discussed on Permaculture Oceania's online bulletin board and, as you live in permaculture heartland, it should not be too difficult to find someone who has one or knows about them.

Helen Fitzpatrick, Kandanga: Those big tomatoes are more often called **OX HEARTS**. I find them rather bland, but perhaps this is because they are less acid than other toms.

Dr Douglas Wilson, Fullarton: Those **BIODEGRADABLE BAGS** were featured on *Gardening Australia* by Mary Moody. I enquired about them and Peter Cundell from Tassie replied they are Mater Bibags made by a company of the same name Mater Bibags Plc, but he did not know where to buy them. I enquired at every supermarket in the district and a large packaging firm, without success. I simply gave up, but someone must know.

Helen Rayner, re **GREY WATER**: *The Sustainable House*, a Choice book (ACA), by Michael Mobbs, shows what can be done on a small inner city block with rainwater and wet composting. I don't advocate it for such small areas, but on a country block it would be a winner. Re **WATERCRESS**: I grow cress in the ground, and not particularly damp ground at that. It is sometimes called 'land cress', tastes the same as the tangy water-grown variety and takes up a lot less space.

To The Champagne's from Bega: Do you have a website address where people can read about permaculture and straw bale building etc?

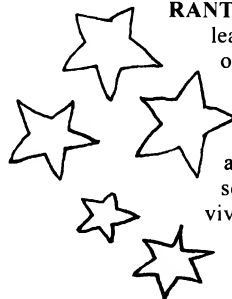
From: GR152: Jenny Brass re skillion shed: **SKILLION** is a term used for a slightly sloping roofed extension to another building, so what you want is merely a carport or covered pergola with a sloping roof to catch the rainwater – so look for a carport plan.

Jane Smith re typewriters, tools, sewing machines for East Timor: Remember everything must be in working order with spare new fabric ribbons for the typewriters. The Australian East Timor Association has branches in Sydney, Melbourne and Adelaide and would know who is sending goods, so might Rotary and UNICEF. A Catholic charity called the Silesian Missions, PO Box 80, Oakleigh Vic 3168 accepts cash donations.

Re **ADD/ADHD** (Attention Deficit Disorder to the rest of us) and other learning disorders. There is a website where information can be obtained about a new treatment for 'training out' of reliance on medication, called EEG biofeedback or neurotraining. A practitioner at Thirroul is Jonathan Banks, Performance Enhancement and Rehabilitation consultants whose website is [www.psyc.uow.au/neurofeedback](http://www.psyc.uow.au/neurofeedback). The UOW is the University of Wollongong and the researcher there is Dr Stuart Johnstone who studied children with ADHD for his thesis. For anyone who has no access to a computer, I can send a photocopy of the Wollongong Mercury article which appeared on 20/7/02. Please send a self-addressed envelope with a 45 cent stamp.

Donna Lee re **EDIBLE PERENNIAL AMARANTH**: I have sent several seedlings of the red-leaved variety to Donna by post, but have none of the lime green one at present. Poultry and stock love both seeds and leaves. It seeds profusely, so if anyone wants to get started, please send me a \$1 stamped self-addressed business-size envelope and I can send you some seedlings. They generally survive in wet paper inside a plastic bag.

Penny Ferguson,  
65 Cotterill Ave, WOONONA 2517.  
Email: [fergusonp@bigpond.com](mailto:fergusonp@bigpond.com)





# FEEDBACK LINK-UP FEEDBACK

## Hey There Everyone,

I have wanted to write to you for years, but time just keeps getting away. What a fantastic mag, it really keeps the dream alive. I want to encourage anyone who isn't sure about making the **MOVE TO THE COUNTRY TO JUST DO IT**. I moved from Perth nine years ago as a single parent with three lovely boys then aged 18 months, seven and eight years, a few horses and dogs too. I was really looking for a cheap rental with acreage but found 11 acres and a fibro home 230 kilometres south-east of Perth for a mortgage which worked out cheaper than any rental. Now, nine years on, I am about \$2000 away from owning my piece of paradise. Let me tell you, transport can be scarce in some places, but country people don't mind sharing lifts to town, or make friends with the school bus driver. I also found out when my son had a bone tumour diagnosed that low income families can claim transport and accommodation expenses if they need to travel 100 kilometres or more for specialist appointments on the PATS scheme (Patient Assisted Travel).

Over the last nine years I have found work on farms, driving trucks, as a vet nurse, and now as a respite carer. I have learnt and been blessed so much and here is where I feel it is now time for a change. I have met the man of my dreams, and my two older sons have moved on and are studying at TAFE. Stevie and I share the same desire to move to Tasmania. We have written to real estate agents and were sent a property magazine for the Burnie area, but we are really looking for a place in the north-west or east coast of Tassie. Ideally we would be after approximately 50 acres, dwelling – be it shed, cabin or whatever! Power or isolation is not a big issue, but we would prefer running water and/or dam. Stevie and I are hoping to visit Tasmania from December to February and would appreciate any help, information and ideas from Tasmanians or readers who have made a move east-west or vice versa. Is it viable to take furniture etc or cheaper to repurchase these items?

If anyone knows of a reasonably priced property for sale, or a suitable rental, we would love to hear from you.

**Gypsie, Stevie and Kia,**

**PO Box 136, WOODANILLING, 6316 WA.**

## Dear Grass Roots Family,

Many more thanks again for your wonderful work, bringing us together to continue the sharing and caring. I am always looking forward to my package in the mail. By the time it arrives the previous issue is more than well worn and well loved. Thanks everyone for your efforts, contributors included.

I haven't quite completed collecting back issues but I am ever on the lookout for the really early copies, now out of print. My friendly second-hand book shop at Underwood sometimes has them available, but rarely the very early publications. I am still after numbers 1 through to and including 9, then number 12 through to and including 18. Then I would have the full set. I am sure I will eventually track them all down. I really do enjoy the old stories and often wonder what has become of all the people who began our family of *Grass Roots*. Perhaps one day in 10 or 15 more years, someone will read this letter in an old much loved 2002 copy and wonder if I ever did complete my set. I am sure *Grass Roots* will still be around then; it is made of solid, strong principles, fuelled by love, compassion and faith. Anything that good lasts forever, at least in our hearts.

I have been trying to obtain a book called *Quilt Making & Collecting* by Marguerite Ickis. I am told it is excellent for teaching oneself to quilt. If anyone has an old copy (readable) I would be happy to reimburse the cost of book and postage.

**Michele Maher,**

**13/12 Angel St, EIGHT MILE PLAINS 4113.**



## Dear Megg & Co,

Did you know dried tea bags make good **FIRE LIGHTERS**? Three or four tea bags dipped into a jar of kerosene will burn long enough to start your fire.

This **SOAP RECIPE** was given to me and it is so easy. Dissolve 1 packet copha, 1 packet Frymaster, 1 cup vegetable oil. In a plastic bucket put two cups cold water (soft water if possible). Add one-quarter cup caustic soda, stir, standing well back so as not to inhale the fumes. The caustic will heat the water. When oil and water are the same temperature, slowly pour the oil into bucket, stirring constantly. Continue stirring for 20-30 minutes, till thickness and colour of custard. Add one tablespoon of eucalyptus oil or tea tree oil. Pour into moulds, leave three days to set. Turn out of moulds and leave three to four weeks.



Soak rolled oats overnight to make the best porridge. It only requires five minutes cooking in the morning. Semolina is best added to milk as it comes to the boil. Stir for only a minute then remove from heat. Both these methods avoid the bottom of the saucepan getting burnt as happens in slower cooking.

**B Rose.**

## Hello GR People,

Ian and I have been readers of GR for many years and have benefited indirectly from tips, advice and recipes from these pages. Now we are preparing for a huge adventure and would appreciate some helpful advice from fellow readers, so we can avoid any pitfalls. We had planned an extensive **ROUND AUSTRALIA TRIP** when we retired, another 15 years or so. My encounter with a life-threatening illness persuaded us to reconsider and we now hope to go next year. The wish to be independent of 'touristy' type parks and very populated areas has helped us to decide on a self-contained motorhome, hopefully with solar power. It would be lovely to hear from folk who have done something similar and are happy to share their do's, don'ts, and must-see's with us.

Before travelling further, we plan to spend several months in Tasmania, looking for a special property to buy and come home to. The wish list is for a cottage, with room to grow produce, in a quiet village, hopefully near some kind of water (river or ocean etc). Hoping for good soil and growing climate so we can get straight into the vegie garden when we weary of the great outdoors! Do we have any **TASSIE READERS** willing to help us decide where to start? Local knowledge could save us from making costly mistakes. We can't afford any! Would love to hear from fellow readers and will appreciate any replies. Regards to all.

**Eileen Tait,**

**75 Inches Rd, EAST KEMPSEY 2440.**

## Dear Grass Roots,

I'm interested to know what readers consider the most popular fruit and vegetables, in order of popularity – other than zucchini, lemon, broccoli, silverbeet, eggplant and cauliflower, because I have already published cookbooks on these. Does anyone have a list of when different fruits and vegies are available?

**Roslyn Deakin,**

**PO Box 396, CROYDON 3136.**

**Ph: 03-9725-6775, fax: 03-9733-2774.**

## Dear Grass Roots,

I am leaving for Australia later this year and aim to see as much of the country as I can on a shoestring. I am a single 33-year-old, and will gladly do a day's work for a day's food and a bed for the night. If you are willing for me to visit you, drop me a line.

**Martin Evans,**

**C/- Post Office, OHURA, NEW ZEALAND.**

# FEEDBACK LINK-UP FEEDBACK

## Dear GRs,

It upset me to read one of your Feedback letters (can't find it now, but it was in one of the mags after September 2001), where a person quite proudly says that he destroys mistletoe wherever and whenever he can, if he can reach it. He obviously has a misconception that mistletoe is a 'baddy' to be destroyed, not realising that mistletoe is a vital part of Australia's flora and has been for thousands of years. I hope this information will help change his mind, and that of others who think as he does.

There are many (almost 1500) species of **MISTLETOE** known all over the world, with a variety of shapes, sizes and colours, but here we will concentrate on those in Australia. Mistletoes are parasitic, receiving their water and nutrients from their host trees, but they are pollinated, and their seeds dispersed, by birds. Nectar feeders – honeyeaters, lorikeets, possums and gliders – feed on the flowers. Many other birds feed on both flowers and fruits, which are very nutritious, containing not only lipids and carbohydrates, but all ten essential amino acids! Other insectivorous birds feast on the insect communities that live on the plants.

Birds not only feed on mistletoe, but many nest in the clumps, some of the birds being rare or endangered. Many other animals prize mistletoe – several butterflies lay their eggs on its leaves; possums, gliders and koalas eat the leaves; ringtail possums nest in the clumps. There are no nasty chemicals in the leaves – they are full of phosphorus, nitrogen, lots of water, and scarce trace elements. Because so many birds, animals and insects rely on mistletoes for food and habitat, they are regarded as a keystone resource.

Mistletoe could be a factor in the formation of hollows in trees, infection leading, in some cases, to branch death and a hollow when the branch is shed. Hollows provide valuable nesting habitat for many birds and animals and are scarce in many woodlands. Mistletoe may establish more readily on already-stressed trees, though many healthy trees have evolved several defences – shedding bark, exuding resin, even dropping branches to prevent mistletoe from establishing.

Excessive mistletoe growth could be a symptom of a greater imbalance, perhaps indicating an altered fire regime, a change in the numbers of herbivores (no possums or gliders), less core habitat (away from light-filled clearings), or declining tree health. So, mistletoes should not be considered as noxious, introduced pests, but as the beautiful, interesting and ecologically essential native species they are. A more detailed article on mistletoes can be found in the September issue of *Birds Australia's* quarterly publication *Wingspan*, including a list of 57 species of birds which have been recorded nesting in or on mistletoe clumps.

For further information on mistletoes around the world, visit: [www.science.siu.edu/parasitic-plants](http://www.science.siu.edu/parasitic-plants)

**Jenny Lacey,**

**55 Gorry Rd, RED LION via TALBOT 3371.**

## Dear Grass Roots Readers,

I intend moving up to the Maryborough or Gympie coastal areas of Queensland. I am fed up with the cold.

I have stayed clear of the coast because of the ticks but I have been unable to find anything to suit me farm wise until now and so it's between Maryborough-Gympie. It has a school bus for my foster children, nice house, sheds, yards, good water, good soils for growing vegetables, herbs, spices, fruit and nut trees, native trees.

Sheep, goats, cattle have been there years ago so I know they can live there but I am very worried about taking my animals there. How do I prepare them to go there, and survive, living in a tick area? They now have multi sulphur mineral licks and they have 'yellow sulphur' powder in their feed. They also have a copper mineral lick. The poultry, cats, dogs, birds have sulphur in

their feed and garlic and Condyl's crystals in their water. They also have a piece of copper pipe in their water. My meat rabbits also have yellow sulphur powder in their feed. When the mozzies are bad they have quinine or tonic water in their water at night. They don't get myxomatosis or the classic viruses and no sniffles, mites, ear mites, lice, or worms.

I have written to the DPI to find out if I can take my meat rabbits into Queensland, as last time I heard there was a ban on them. I have been a licenced rabbit breeder for years. Just at the present I only breed for myself.

Anyway, if anyone can help me please, I'd be very grateful.

**'Jillaroo',**

**TURILANA, NSW.**

**Ph: 02-6725-4488 AH.**



## Dear GR Readers,

Has anyone had any experience using the ecologically friendly menstrual cap? I spoke to my gynaecologist about it and was told that it sounds like a breeding ground for infection. However, all the literature I have read about them so far claims they are completely safe. Any info would be greatly appreciated.

**Kylie A Lowe,**

**39 Lily St, MITCHELTON 4053.**

## Dear GR Staff & Readers,

Hi! I'm thinking about **MAKING COWHIDE RUGS**, and possibly other things from the hides. I need to find out how to get from the first stage – looking at a dead cow – to the final stage – making a profit and a creation. Can anyone please advise me with the method of preparing a hide?



**Louise McDonald,**

**TAREE 2430.**

## Dear GRs,

Hi, I have bought GR for many years and always enjoyed them. A friend of mine with whom I have since lost contact first introduced me to *Grass Roots*. We sent the same recyclable Christmas card back and forward to each other from NSW to Queensland for many years, but at Christmas 2001 we didn't hear from her and her family. My friend's name is Meegan, she has an 18-year-old daughter named Skye and a son approximately five years old named Jay. Their last known address is in Ravenshoe. I have written to her at Ravenshoe and also phoned, with no answer. I would love to hear from her to know that she and her family are OK. Although we only wrote about twice a year, I miss her letters. I am hoping she still reads GR wherever she is and through your magazine we can make contact again, possibly through your Penpals section.

**Debbie Rawcliffe,**

**PO Box 358, LAURIETON 2443.**

## Dear Grass Roots,

I look forward to GR after years of reading, your articles are more than great. I would like to know if any readers would have any **TRAVELLING AROUND AUSTRALIA** tips for me. I intend to travel/work/find camp spots/park. I'd like to join fellow GR readers on my adventures. I'm interested in art, music and writing children's stories.

**Janiskia Campbell,**

**73 Honeysuckle Ave, Scarness, HERVEY BAY 4655.**

## Dear Sue & Readers,

I am wanting to know how to make a **TRICYCLE FOR PICKING STRAWBERRIES**. It is a three-wheeled machine which covers two rows. You sit between, low down, to pick. They are used around strawberry farms, but it's hard to get close enough to see how they are built.



**George,**

**PO Box 48, RAVENSHOE 4872.**

# FEEDBACK LINK-UP FEEDBACK

**Dear GR Team & Readers,**

I hope someone can help. I have two **GERMAN SHEPHERDS**, mother and daughter, mother is just over 15 and daughter is 12. Several years ago the 12-year-old had her first operation to remove **BLADDER STONES** which were very painful for her. She was then put on a special diet (canine CD Diet only available through a vet at very high cost). Eighteen months later she required another operation to remove a new build-up of bladder stones. She was still kept on the special CD Diet in anticipation that it would prevent yet another build-up of the stones. Didn't work. Eighteen months later, just two months ago, she was in great pain again with yet another lot of stones, thus requiring another operation. She has been put again on the CD Diet that is supposed to prevent these horrible things. Also, with this latest operation she has totally lost bladder control so can no longer sleep in the house (due to accidents all over the carpet). This is a problem in itself as both girls have slept inside for many years as it is warmer and more comfortable for them (mother has arthritis and is on medication to help) and being inside close to us is a big comfort to ageing dogs.

Has anybody had a similar problem with their dog having recurring bladder stones and been able to control it with a natural diet? We are desperate for her not to get them again. Aside from the pain it causes her, she is now getting too old to keep having operations and this special CD Diet does not seem to be working effectively. It would be lovely for her to experience good tasty food again rather than the boring diet she has been on for several years now.

Please, genuine replies only as I want to help her and not do anything that could endanger her. She and her mother are very dear to us and are otherwise very healthy. Hoping for some swift replies and I will let you know how she gets on.



**Diane,**  
25 Worrobil St, NTH BALGOWLAH 2093.  
Email: dwilleywolf@yahoo.com

**Dear Megg & Co,**

Been going through back issues of past copies and compiling a folder of articles that might help us to live more self-sufficiently in future. Thank you for being there for us. I have a serious problem that perhaps readers can help me with. I have suffered for many years now in varying degrees with **RASHES** around the groin area and the last few months have been insufferable. I have tried many different lotions, coal tar products, cortisone and fungicide creams, antirash powders etc. It is quite bad (sometimes I waddle like a penguin) lately, at a time of year when it is cool and not usually a problem. (I suffered prickly heat when living in Darwin 12 or so years ago and that was not fun.)

I don't wear jockstraps, opting instead for shorts. I avoid synthetic materials and have changed laundry detergents many times. I maintain regular hygiene and have a wholesome diet, though do not discount it may be linked to a food allergy I am not aware of. Currently trying aloe plant and awaiting appointment to a skin specialist. It makes work, walking and physical activities an exercise in ignoring pain and discomfort. Doing well in that respect I think, but would really appreciate relief from the thing. I suspect it is a fungus of some sort. If anyone has some advice or can suggest something of use then please contact me.



**Alex Harbuz,**  
2 Wallmah CIs, TEMPLESTOWE 3106.  
Email: aharbuz@hotmail.com

**Dear GR,**

I recently had the good fortune to acquire a few dozen back copies of GR. Spending the next day and a half in nostalgia and memory tripping, I came fortuitously upon a letter from Roberino (GR107) who outlined succinctly his view of a **GR LIFESTYLE**

and how it suits him – the benefits of fresh food, living with the seasons. Watching nature, growing and learning – especially about oneself. Then there is coping with pests (either multi-legged or biped), transport costs etc. It all adds up doesn't it – both good and bad – and offers another dimension to Vicki Judd's view (GR149) of the pros and cons of country living. Rejecting city life with its noise, pollution and crowded streets becomes a necessity when one is trying to understand one's place in the world, to achieve happiness and inner peace, and, above all, to find out what we can be to the environment and to our neighbours.

As Alan Stewart (GR152) says, to be in any measure self-sustaining involves planning, and some ideals have to be sacrificed in the name of either financial or medical expediency. One can have an oasis of green in the middle of the city and be close to all services. There is also a middle way, with a block close to a large regional centre. Or take the plunge with a large acreage in the stunningly beautiful outback. All that is needed is plenty of planning, financial awareness and courage.

I'm living the middle version now, but hope to become more adventurous when possible, given financial constraints. Till then I'll soak up as much information as I can. Thanks to Roberino et al for all their helpful words and good examples. If anyone wishes to write to me about their plans, I'd love to hear from you.

**Kay,**  
9 Martin St, STOCKINBINGAL 2725.

**Dear GR & Readers,**

I came across GR magazine when I bought a bookshop more than 20 years ago and seem to turn to it for comfort whenever I have bouts of dissatisfaction with my life. I suppose I see the GR lifestyle as offering some kind of sanity, escape and consequent peace. It is now, if never before, a real case of 'stop the world I want to get off'.

I'm looking for a new home and would like to make a radical change both in location and housing style. I've always lived on the coast, but would like to move to a **SMALL COUNTRY TOWN**. I need access to a library and state rail services, as well as medical facilities. I'm in my mid-sixties and thinking realistically of a possible future. Good reception for ABC television is important. I love rivers, but not floods; love the bush, but not the threat of bushfires.

I want only a small amount of land as I don't wish to be tied to the work in a large garden. My housing needs are simple but I do not want anything that requires a lot of renovation to be livable. I'm pretty self-contained, like to read, write, walk, listen to music and watch TV, but I also like to feel useful and contribute something in the way of volunteer work. Any guidance from readers on a suitable area or appropriate residence would be most appreciated.



**Josie M,**  
PO Box 253, SOUTH WEST ROCKS 2431.



**Dear GR & Readers,**

About this time last year I responded to a letter offering **TONGUE LETTUCE** seeds from Bob in Rosslea, Townsville I believe. Well, I received the seeds and a letter from Bob. I have been growing these lettuces and they are great, very tender and nice. I gave seeds to my father-in-law and he is still growing them. I have them coming up everywhere. They are fantastic and grow very easily. If anyone hasn't tried them, do so; it is an interesting variety to grow. I quite enjoy the magazine, so many useful tips and informative articles. I look forward to what is coming in each issue.

**Sam Pojar,**  
Email: jacobbyte@austar.net.au

# Let's Hear It For The City

by Alan Stewart, Alexandra Hills, Qld.

How much food could the cities produce? Quite a lot it seems. A recent report in *New Scientist* magazine (18 May, 2002) discovered that Hong Kong produces two-thirds of its poultry, one-sixth of its pigs and half of its vegetables. Even London could, apparently, grow a fifth of its fruit and vegetables. The report also states that urban farming creates green spaces, recycles wastes, cuts down on traffic, provides employment, prevents erosion, substitutes for high value imported goods and is good for the microclimate. Furthermore, urban vegetable production uses less than a fifth of the irrigation water used in merchandised rural cultivation.

How about our backyards? There is great potential here as well. So why the desire to escape the city as so many readers wish in order to practise self-sufficiency? Country living undoubtedly does have attractions: peace and quiet, space, fresh air (provided of course you're nowhere near any crop dusting), closer communities, also, in some cases, very cheap housing – especially when a mining or mineral company closes its doors. The really important issue though, is finding employment in rural areas. No matter how self-sufficient/self-reliant one is, some money is still needed for the essentials. Apart from agriculture and tourism there isn't a great deal of employment scope and, as far as agriculture is concerned, there



Community gardens like this one at CERES in Brunswick, Melbourne, offer an opportunity for unit dwellers to grow their own produce.

are few jobs. The sad fact of life is that work is best found in the city, even casual or part-time work will bring in some cash.

City gardens, even these days with the trend to much larger houses and smaller blocks, still have the capacity to grow at least some of the family requirements. For those who doubt this, during World War II the UK government's 'Dig for Victory' campaign allotment gardens produced an astonishing 1,300,000 tonnes of food per annum, mostly on plots measuring 250 square metres. Yes, it's all ancient history and born out of sheer necessity. It also seems of little relevance in the new millennium at a time of a superabundance of almost everything, where the main emphasis now seems to be getting a lifestyle rather than a life, where more and bigger is deemed to be better. Still, if nothing else, it does highlight the potential of what can be achieved on quite small areas.

How did they produce so much food without the aid of artificial fertilisers, insecticides, miticides, fungicides and herbicides? Of course, it was all organic; that's all there was, plus of course a certain respect for the soil. Also, the realisation you only get out of the soil what you put in, and it wasn't superphosphate, just nature's finest fertiliser, the good old ess-aitch-one-tee. I wonder does agribusiness/factory farming have the same respect for the land, or is it viewed as just a lot of dirt that grows money? Lack of respect for the land has now left huge areas permanently saline. Agricultural run-off gives us blue/green algae in the rivers and lakes, and now we have or are likely to have GM crops, with some question marks hanging over that issue. Modern farming does produce a lot more food at progressively cheaper prices, but what is the real cost to the environment? Perhaps we won't know until it's too late. Any comments on all this? ☘

## Be Your Own Boss \$ From Home \$

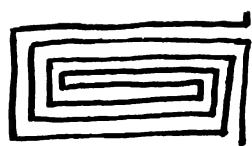
It's easy when you know how! And the best way to find out how is with the magazine *Australian Business & Money Making Opportunities*. Every issue is packed with information on business and money making opportunities (full or part time). It's sold from Newsagents across Australia and N.Z. and is found in the business section. To get a recent issue and details on 125 Australian Business Start-Up Guides send 4 x 45¢ stamps (covers p&h) with your name and address to:

AB, PO Box 5518, Dept GRB, South Windsor, NSW 2756.

We also produce the following guides: 101 Money Making Opportunities, How To Profit From Your Handicrafts & Hobbies, How To Start A Mail Order Business, Making Money From Flea Markets, Making Money With Your Camera, Making Money With Your Home Computer, Start Your Own Import/Export Business, How To Organise A Successful Home-Based Business. FREE DETAILS SENT ON REQUEST.

FAX: 02-4577-6942 or Visit our website at:  
[www.profitcentre.com](http://www.profitcentre.com)

AAA Media Network, 3 Bradley Road, South Windsor, NSW 2756



# KIDS PAGE

## A-MAZE-ING!



Mazes are series of paths that lead to a goal. Some are unicursal - with a single path to the centre and no branches, others are multicursal - with choices of path and many forks, branches and dead ends. Some are laid out on the ground so people can walk through and are made of hedge, turf, brick, stone, wood or water. Some are puzzles on a smaller scale, to be looked at and are on paper or hand-held or on computer.

People have been creating mazes for at least 4000 years. The early mazes were unicursal only and used for rituals and processions. The ones we are probably most familiar with are puzzle hedge mazes believed to have begun in Italy in the 14th century for the amusement of kings and princes. Mazes for community enjoyment are currently very popular.

## Make Your Own Mazes

A great holiday project is to design and build your own mazes, either on paper, a 3D model or walk-through sizes.

### Maze on Paper

#### You will need:

pencil  
rubber

10 cm x 10 cm square piece of paper or board

#### What To Do:

Mark dots at every 1 cm point on the piece of board. Clearly mark a start and a finish, then draw a path with lots of false trails, going through every square (fig 1). Now draw walls in wherever the paths do not go into the next square (fig 2). Finally, the outer square is redrawn leaving gaps for the start and exit and the paths, both true and false, are rubbed out.

★ Remember that false trails are the main way to make a maze challenging.

★ Remember that the paths must go into each square on the dotted paper once only. Two paths must never cross. The finished maze should only have one solution.

You can make a maze this way on any size of square board.

figure 1.

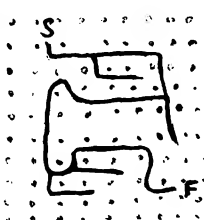
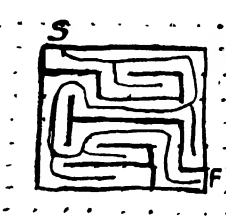


figure 2.



## Recycled Stuff 3D Maze

#### You will need:

poster board  
scissors  
pencils & ruler  
tape/PVA glue with a nozzle  
marbles

a range of recycled goods such as: straws, film canisters, paper towel rolls, index cards, pipe cleaners, wooden icypole/craft sticks.

#### What To Do:

Mark a START and an EXIT point at each end of the poster board.

Then let your imagination and construction abilities go wild with creating a pathway maze using the range of recycled stuff you have gathered. Ramps, spirals, hills, loops etc will make it tricky and interesting. Remember to allow for the width of a marble and aim for the marbles to be able to take really long, exciting, aMAZEing journeys.

## Walk Through Mazes

Make a full-size maze on the ground with chalk or in the sand on a beach.

Follow the basic principles of the on-paper maze design or copy one of the traditional maze designs. Test and time your friends and family!



## BOOK REVIEW

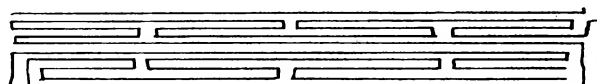
### The Great Race Maze

by Anna Nilsson

A great activity book for kids. Find your way through twelve tricky and colourful mazes based on various continents and cities.

An extra puzzle about each maze is also included for added fun and solutions to the mazes are provided at the end. This will keep middle to upper primary school children focussed and challenged for quite awhile.

Little Hare Books, 45 Cooper Street, Surrey Hills, NSW. P/b, 30 pp RRP \$9.95.







# IN THE KITCHEN



Summer is a time to take things easy, yet for most of us the period leading up to the New Year is anything but relaxing. Christmas preparations are all-consuming and so much rushing around can leave us too wound up to thoroughly enjoy the actual event. That good old Aussie icon, the barbecue, is one way to keep Christmas Day simple and minimise the potential for headaches.

Barbecues have many advantages. There is an air of informality about them that puts people at ease, everyone is out of the house so the kids are less likely to get underfoot, plus the whole family get the opportunity to contribute some of their labour! Besides, on those stinking hot days cooking indoors can be sticky, smelly work, but with a barbie many of the dishes can be prepared beforehand. Remember for the sake of everyone's health, not to turn your meat into charcoal – too many carcinogens. Here are some great tasting European ideas that will guarantee your sanity and health are preserved during the festive period.

## LAMB PATTIES

- 500 g lamb mince
- 1 tbsp olive oil
- 1 tbsp currants
- 1 tbsp pine nuts
- 1 egg
- 1/4 cup breadcrumbs
- 1 tsp ground coriander
- salt and pepper to taste

Mix all ingredients together thoroughly. Use your hands for the best results. Form into small balls and flatten into patties before barbecuing well on each side. These are lovely served with tzatziki – the yoghurt, mint and cucumber dip outlined below.

## NUTTY BROWN RICE SALAD

- 200 g long grain organic brown rice
- 1/2 cup sesame seeds, toasted
- 1/2 cup slivered almonds, toasted
- 1/2 cup sunflower seeds
- 1/2 cup parsley, chopped
- 1/2 cup spring onions, chopped
- 1/2 cup coriander, chopped
- French dressing or tamari/sesame oil dressing to taste

This salad is a good one to prepare in advance if you don't want a last



minute rush. Cook up brown rice as per instructions on pack. Once it has cooled, add the nuts and herbs (all are optional). Add preferred dressing and mix through rice.

## TZATZIKI

- 1 Lebanese cucumber
- 1 cup Greek yoghurt
- 1/2 cup fresh mint

Grate the cucumber and squeeze out any excess moisture. Mix cucumber and yoghurt together, then add torn up fresh mint leaves. Refrigerate for a couple of hours to allow flavours to develop before serving.

## HALOUMI & MUSHROOM SKEWERS

Haloumi is a wonderfully textured grilling cheese from Cyprus and is available in delis or at some supermarkets. Cut it into cubes and thread onto presoaked bamboo skewers interspersed with similar sized mushrooms. These can be marinated in a mixture of lemon juice, olive oil and oregano before barbecuing. As an alternative, try threading the skewers with eggplant

wedges or red capsicum instead of the mushrooms. Serve with lemon wedges.

## BARBECUED VEGIES

So many vegetables come up a treat on the barbie and all they need is to be brushed with a little olive oil. Around Christmas the asparagus is in season. It's best to use the thick stems and snap them at the base. Don't forget corncobs, they are always a favourite. Sliced eggplant hardly needs any oil to barbecue and tastes great with the tzatziki too – sliced zucchini is the same.

## BEING PREPARED

As an emergency measure, it's handy to have a few goodies in reserve in case guests are delayed and the rest of you need sustenance once the beer's flowing. As well, visitors sometimes end up staying on for a while in the evening, and, let's face it, there's always someone unexpected who drops by. Fresh bread, a few cheeses, some muscatels, olives or semi-sundried tomatoes can make up the basis for a tasty platter at any time. This can be put together quickly and everything keeps well.

## FINAL THOUGHTS

There are always going to be old favourites with any barbie. Of course, Christmas lunch is traditionally the time to chuck a few prawns on the coals, and lentil rissoles are another essential – any left over are great with bread, homemade chutney and salad the next day. The green leafy salad is a must, and most of us cannot pass by a good potato salad. If anyone still has room, why not finish off the Christmas meal with a fresh strawberry cheesecake or apricot trifle? These are always popular, still taste great the next day, and can always be prepared well in advance. ♣



# A Really Useful Gift



by Pamela Odijk, Bribie Island, Qld.  
Photography by Herman Odijk.

Aprons are useful items, and they can also be made as interesting personalised gifts for male and female friends, or to sell on a craft market stall or through gift and retail outlets. They can be made from practically anything – consider plain white tie-style aprons, frilly organdie aprons, tartan fabric aprons which seem to be preferred by men, imitation butchers' aprons, leather aprons with plenty of pockets and loops for the handyperson, and aprons especially designed with the gardener in mind. Designs are only limited by your imagination.

Here are two of my original designs. These aprons were made from calico with the character outlines and letters being appliquéd onto the completed

apron. The apron strings are adjustable so that one size fits all.

## MATERIALS

For one apron:

1 metre of wide calico. Buy the best quality you can find as this makes appliquéing easier.

beige cotton

scraps of material for the appliqué design and letters

iron-on stiffening for the backs of appliqué pieces and letters

cotton for machine appliqué (The ones pictured have been appliquéd in black.)

dressmakers' tracing paper

greaseproof paper

pencil, ballpoint pen, pins

3 sew-on eyes (1 for the tortoise and 2 for the pig)

Ensure as far as possible that both fabric scraps and cottons are colourfast, otherwise the apron might be stained in its first wash. Enclose a note with the apron (especially if you are offering these for sale on a craft stall) indicating that you have made all attempts to ensure that colours in fabrics and cottons are colourfast, but caution to wash gently in warm water, especially when washing the apron for the first time, just in case.

## APRON PATTERN

- Cut out one apron on the fold.
- Cut two facings (one for each of the armhole areas) the size of the side



Pamela's aprons won her 2nd prizes for the tortoise and 3rd prize for the pig in the appliqué section at the Rockhampton Show.

curves plus 2 centimetres (hem allowance) top and side, and each measuring 5 centimetres wide.

- Cut one adjustable apron tie 207 x 9 centimetres. This can be joined in several places.

## TO MAKE

Hem apron sides with narrow hem, turning twice. Machine.

Hem top and bottom turning under 1 centimetre, then 3 centimetres. Machine.

If using an overlocker, sew along top, bottom and long curve of each facing piece. If using a sewing machine, zigzag around these same pieces. Turn under a hem at each end of the facing piece so no raw edges show at the top or sides.

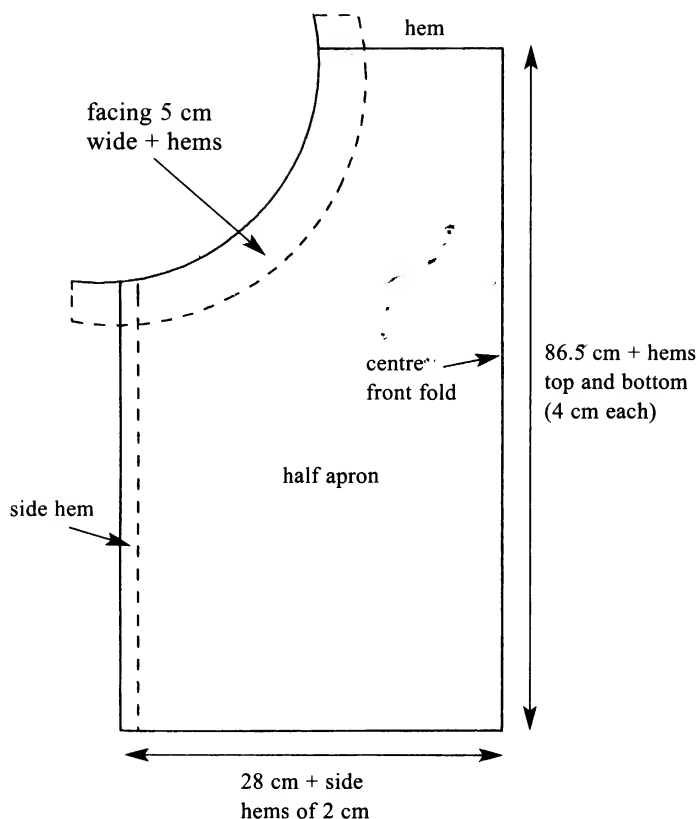
With right sides together, sew the side facing pieces into position either using an overlocker or machine. If using a machine, sew this twice and zigzag over the raw edge. Turn the facing to the wrong side of the apron. Turn under a small hem along the long edge of the facing. Pin the facing into position, press and machine into place. The facings form a 'tube' through which the apron tie is threaded.

Join pieces, right side together, either using an overlocker or machine to make the long apron tie. If using a machine, double sew all seams and zigzag the raw edges to prevent fraying. Turn the tie right side out using a ruler or knitting needle. Press. Turn in a small hem at each end of the tie and machine across. Thread the tie through the apron 'tubes' when complete.

## APPLIQUÉ PIECES

Trace these onto a piece of greaseproof paper. Lettering can be traced from any

## Apron Pattern




alphabet book. (One can be borrowed from the library, or look in your dictionary or encyclopedia – these sometimes have traceable letters.)

Cut appropriate scraps of material to accommodate the parts of the appliqué design. Iron the stiffening onto the wrong side of these pieces.


Using a contrasting colour of dressmakers' tracing paper, trace the letters and designs onto the prepared pieces. Make sure that you work on a hard sur-

face (I use a piece of perspex under all fabric pieces) and trace firmly through the greaseproof paper and dressmakers' tracing paper onto the fabric, using a ballpoint pen.

Sew along these outlines with very small machine stitches and then cut out the pieces as close to the stitching as possible. This should prevent the material from fraying. However, if you want to be very sure that the pieces will not fray, you can glue around the outside of



# ROSEWATER





Freshly distilled from Damask roses.  
Refresh, revitalise and rehydrate yourself.

Spray or splash fragrant rosewater on face and body. No chemicals or preservatives – a delightful way to pamper yourself or to give as a Christmas gift.

50 ml \$6 + P&H    125 ml \$10 + P&H

Samaria Farm, RMB1687 Samaria Rd, Benalla 3673.  
Ph: 03-5768-2225. Fax: 03-5768-2526.  
Email: smatheso@benalla.net.au

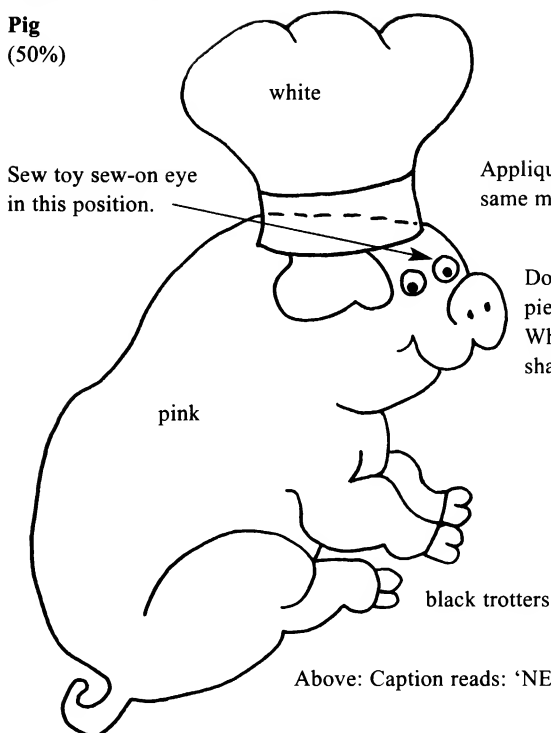



## *Constipated? Tired? No Energy?*

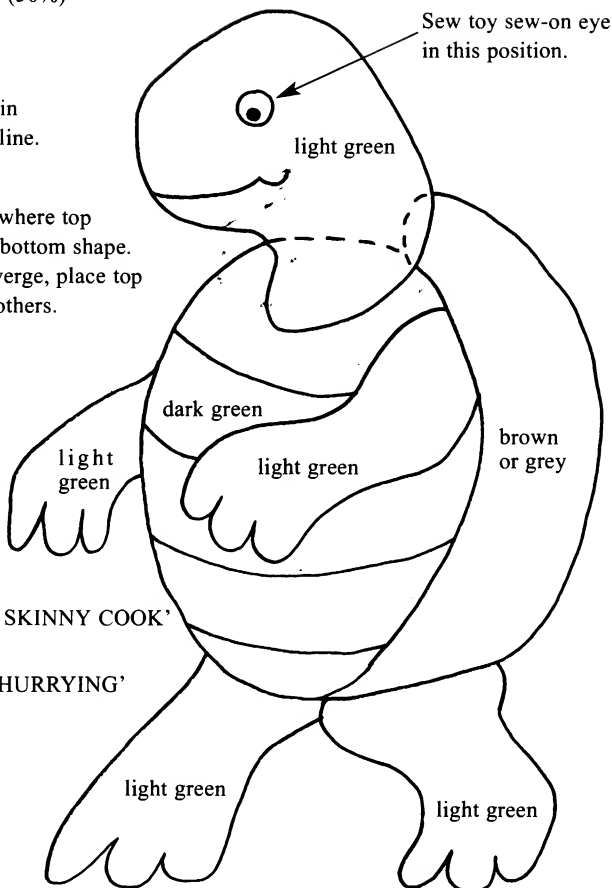
Find out why and what you can do about it in the amazing new report, "**Cleansing the Body & Bowel for a Healthier Happier You!**" This information has already led thousands just like you to a new lease of life, by *naturally* and safely dealing with **constipation, weight gain, parasites & diarrhoea**. For your **FREE** copy, write to GR Report, PO Box 208 (11 Stirling St), Moe 3825, or Freecall 1800-668-823 (24 hrs).

## Appliqué Motifs

### Pig (50%)



### Tortoise (50%)



each piece with a special glue for this purpose such as Fray-Check. A small bottle is expensive, about \$5.95 for a 22.5-millilitre bottle, but it will last a very long time. It can also be used on seams, facings hems, etc. Allow the glue to dry completely before appliquéing the motifs or letters into position on the apron.

Place the appliqué motifs and letters in position, pin and tack firmly. Set the sewing machine to close zigzag or preferred stitch, and carefully appliqué around each piece.

Remove tacking. Press. ♡

## HOLIDAY AT NATURE'S PARADISE

Ellura Retreat  
Apollo Bay

Great Ocean Road – Victoria



New B&B, fully S/C cottage with cosy wood fire. On 40 acres bush paradise 5 minutes from ocean & town. Wallabies, bushwalks and great variety of birds.

### FEED FRIENDLY PARROTS

Quiet, Peaceful & Romantic

Call to book: 03-5237-7436

Website: [elluraretreat.tourvic.com.au](http://elluraretreat.tourvic.com.au)

## SUPER SIMPLE SOLAR DRYER

Shifting from the hot dry interior of Kalgoorlie, WA, to the humid coastal environs of Coffs Harbour, NSW, had me wondering how I was going to dry surplus garden output, especially after leaving behind a huge solar dryer.

Shortly after settling in, my new garden began to produce the usual surplus of parsley, chives, basil, plus produce from other herbs. So I began to consider how to dry my surplus with no dryer. I had no time to make a proper one, and precious little open space in which to place it. For me, one critical requirement for quality solar drying was to dry the items in the dark to retain colours. Quite often food dried in direct sunlight will darken, if not turn black.

I recalled the huge industrial dark

trays laid out in sunlight when I was a boy, yet how best to protect the food from the birds, insects, wind and direct sunlight? While I carried out two trays to dry the food, the idea sprang out at me: cover the trays with other trays! I found matching black baking trays in the kitchen and inverted one over the other, then used four clothes pegs to hold them together. The black metal heats up rapidly, the darkness helps retain the food colour, and, whenever I want to turn the items over, I just invert the whole unit and set it back on a brick or a table.

Under normal summery conditions I leave the trays out overnight, but they can be brought in, then placed out in the morning. Simple, eh? ♡

Robert Millet

# Festive Overload

by Sally Carr, Nagambie, Vic.

It is around this time of year that many of us end up clutching our stomachs and seriously regretting that second helping of mother's trifle. Or maybe that extra glass or two of Christmas port just tipped us over the edge . . . Of course, it's best to try and avoid overindulging at any time because it puts a great deal of stress on our bodies, but Christmas seems to bring out an 'oh-well-what-the-hell' attitude in many of us.

It's worth remembering that there are measures you can take to limit the likelihood of a gastronomic fallout. And there are also some emergency tips to note in case you do happen to find yourself in that unhappy state – all of your own making too!

## PROTECTIVE MEASURES

If you know you are going to be sitting down to a large meal, try and make sure some of the wonderful foods and herbs that aid digestion are included with each course.

For example, artichokes help to stimulate the digestive process. They contain cynarin which helps protect the liver and encourages the flow of bile. Try adding these or thinly sliced fennel bulbs to your salad. Fennel has a soothing and calming effect on the stomach. Try using herbs like sage, rosemary or mint. Traditionally they were used as sauces or stuffings with rich meat dishes because of their digestive benefits.

Pineapple contains an enzyme called bromelain which works to stimulate the digestive tract. Papaya works the same way with the digestive enzyme papain having a tonic effect on stomach and intestines. Maybe finish the meal with slices of both these refreshing and delicious tropical fruits.

Ginger, parsley and mint are also excellent digestive aids. They can be added to dishes or made up into teas to drink after a meal. Fennel also makes an excellent tea for indigestion.

If you are planning on drinking alcohol, it is worth taking two or three slippery elm tablets before you start to party. These help line the stomach. Evening primrose capsules are also excellent to take before bed or going out. Of course, before bed it is essential to drink plenty of water if you've had a few too many. Under the circumstances it's quite easy to forget, so maybe place a jug of water, a glass and evening primrose capsules next to the bed.

All these precautionary measures should go a long way to making sure you have a comfortable night and wake up looking forward to another day of overindulgence.

## AFTER THE HORSE HAS BOLTED

Maybe you forgot to drink down your two litres of water before retiring and have woken up woolly headed, with a raging thirst and no chance of keeping anything down.



Most people have worked out their own way of dealing with this situation – be it the prairie oyster, a greasy breakfast hit or just some fresh fruit – but here are a few more ideas that might be worth considering.

Astringent black tea is the traditional Cantonese remedy for a hangover and sassafras tea has been used for centuries as a cure. Interestingly, coffee counters nausea and vomiting so a hot cuppa is the best place to start. Though not as effective the morning after, evening primrose helps normalise liver function and slippery elm tablets help to calm the stomach.

Hangovers are an indication of an extremely acid system. Fizzy drinks help to alkalise the body as does umeboshi plum, a macrobiotic remedy. Soak the plum in some bancha tea or hot water for five minutes before eating the plum and supping the infusion. Bancha tea and umeboshi plum can be found at Asian, especially Japanese, foodstores.

Remember, if you want to feel better, it is always best to try and eat something as soon as possible. 🌿

## Fresh Bee Pollen

Bee pollen is a complete food, containing almost every nutrient known to man. It contains most vitamins, minerals and proteins that are necessary for good health, energy and wellbeing.

450 gram pack \$11.95 inc p&p

1.9 kilo pack \$39.95 inc p&p

Larger amounts @ \$16.00 kilo + p&p

N Tobin

15 Montebello Drive,  
Salisbury, SA 5108.  
Ph: 08-8285-2559



## Stone Ground Flour In Your Own Home



Using fresh wholegrain flour is the pathway to optimum health and SCHNITZER'S stone Mills are the best way to achieve it. Wide choice of hand or electric models. Send SSAE or call us today.



**SCHNITZER MILLS** 420 Freemantle Rd Bathurst 2795

TEL 02-6336-9100 FAX 02-6336-9111

Visit our website [www.schnitzer.com.au](http://www.schnitzer.com.au)



# FAN-LEAFED PIT PIT

## A Hardy Permaculture Plant

by Jane 'Many Leaves' Lawrance, Babinda, Qld.

The amazing ornate leaves are justification enough for growing this tasty, eye-catching perennial. A proud member of the Poaceae family and originating from Hawaii and Florida, *Setaria palmifolia*, is a hardy permaculture plant that will enhance both your garden and the dinner plate.

Palmgrass or highland pit pit, as some may know it, grows to approximately a metre high with lush green, fan-shaped leaves approximately 10 centimetres wide and 40 to 50 centimetres long. It thrives in moist, shady, understorey areas as well as in sunny patches.

At first sight many puzzled faces ask the question: 'How do you eat this?'. You simply snap off the plant, leaving a good five centimetres of the stem and root intact in the ground so it will reshoot to grow more food. Now, strip off the top growth and outer leaves for valuable mulch, leaving a two to five centimetre thick stem from 30 to 50 centimetres long, depending on the maturity of the plant. Over to the chopping board to further trim the coarse outer skin to reveal the food. This tasty inner stem can be chopped up raw in salads, sliced for stir-fries, or simply munched upon in the garden! Your knife will tell you which parts are tender to eat.

Young or old plants can be harvested. Next time you have a barbecue throw a few thick-stemmed whole pit pits (even old coarse ones) into the flames for about five minutes. Allow to cool, peel back the leaves and sink your teeth into the succulent stem. You'll be surprised how good it tastes. This makes an ideal starter and is our preferred method of preparation.

On a walk around my mulched garden I can harvest some pit pit amidst my pumpkin patch, in an area receiving only part sun. Over there by my arrowroot, the same plant is thriving in full sun, proving the hardy adaptability of



The fan-leaved pit pit. How do you eat this?



From left: Side leaves to discard as mulch, edible stem cut open, whole edible stem, and top of plant to use for mulch.

this great food source. Large mature plants tend to curve and sprawl over each other. So far I have not incurred any insect infestations. Sounds too good to be true, doesn't it?

I am currently planting out fan-leaved pit pit in the full sun, to work as a hardy groundcover that will provide shade and coarse mulch for other delicate crops in a new garden. As they bush up, I intend to chop and drop the broad leaves. The pruned plants will readily resprout. Now that's got to be my ideal plant.

As I write, the sun is baking the dry cracked ground, ants are desperately in search of water and Tablelands inhabitants have been praying for rain. Even here in Babinda, the wettest town in Australia, water has become a precious commodity. So I browse around the gardens to see what's growing in these harsh conditions – yes the fan-leaved pit pit is among the many tough edible species still surviving. We are dependent on tank water so I don't water the gardens. The chop and drop mulch plants and the edible groundcovers maintain both shade and moisture.

The fan-leaved pit pit is a member of the grass family and both wind and insects play a role in pollination of the small seed-head plumes. I have not, however, yet collected any seed because I always seem to have a supply of plantlets. The mature seeds are very easily dislodged come wind, rain or passing legs! Once established, a plant will slowly spread, shooting from the sides, creating a patch of pit pit. It's best to plant out in the warmer months, however, being up in the tropics, I can plant all year round, preferably in zones one and two, close to the house.

The fan-leaved pit pit acts as a multi-functional, understorey permaculture plant. It's a nutritious, exciting food for the whole family, as well as a decorative conversation piece in the garden that provides valuable mulch. This is one of the many vital, sustainable food sources for our future backyards.

My catalogue of Unusual and Edible Plants is available. Please send 7 x 45c stamps (includes postage) to: Jane 'Many Leaves' Lawrance, PO Box 374, Babinda, Qld 4861. ☘

# Be Ruthless!

by Bob Rankin, Narrabeen, NSW.

You have to learn to be ruthless if you want to be a good gardener. The finest men I have ever known came from the ranks of regular army sergeants, naval chief petty officers and Marist priests. But the most delightful groups of people have been journalists or gardeners.

I like the good humoured tolerance journalists acquire from reporting upon the foibles of others. Sure, most of them drink too much, but I like my beer too, so that's no drawback as far as I'm concerned.

Gardeners, particularly vegetable gardeners, I find the most delightful people of all. They have an innate decency and immense good humour and a humility that comes from a closeness to nature that makes them a joy to be with. It is this very decency and closeness to nature, however, that sometimes makes it difficult for them to excel. A gardener has to learn to be ruthless if he or she is to succeed.

One thing I hate to do as a gardener is to destroy a plant that is growing well. Carrots provide a fine example. You sprinkle your carrot seed along the row and every one comes up. They all grow beautifully, but you know that to get a good crop each plant needs adequate space. This is when you have to put feelings aside

and ruthlessly condemn half the flourishing seedlings to death, uprooting them to give their companions the space they need. Nature will reward you in the end.

The same thing happens with pumpkins, melons and cucumbers. Instructions on the packet tell you to plant five or six seeds close together and then remove the weaker seedlings to leave only two or three. What happens when they are all growing well? Your feelings tell you to leave them be, but you will get a poorer crop if you do. Be ruthless and do what the instructions advise.

When planting sweet corn you are told to plant three in each drill and leave only the strongest when they grow. I have found that here is a rare case where you can temper your ruthlessness slightly and leave not one but two – they each seem to grow well and relish the support the other provides.

The really good gardener learns to never show pity to a plant. One of your tomatoes is looking a bit weak and spindly. All your love and care is not going to do it much good. Be ruthless – yank it out and give all your attention to those plants that are doing well.

Nature favours the strong. Gardeners who remember this are the ones who reap her rewards. ☘

## NATURAL MEDICINE

Correspondence courses written by  
**Isaac Golden, PhD, D. Hom**

President of AHA (Vic) 1992 - 98

**Homoeopathy** - a fully accredited professional Diploma course, OR an intermediate course for parents

**Natural Medicine** - a basic course covering home prescribing

For full details contact:

**Isaac Golden**

PO Box 155, Daylesford, 3460.

Ranch Road, Daylesford

Phone 03-5348-3667

[www.homeopathy-online-courses.com](http://www.homeopathy-online-courses.com)

## RECIPE BOOKS

<b>Zucchini</b>	400 recipes – \$15.00
<b>Lemon</b>	404 recipes – \$15.00
<b>Broccoli</b>	400 recipes – \$15.00
<b>Silverbeet</b>	202 recipes – \$12.00
<b>Eggplant</b>	184 recipes – \$12.00
<b>Cauliflower</b>	232 recipes – \$12.00

*All prices include postage.*

P & R Deakin

226 Maroondah Hwy, (PO Box 396),

Croydon, Vic 3136

Ph: 03-9725-6775 Fax: 03-9733-2774

# LUSCIOUS LETTUCE

by Dorothy Creevey, Old Bonalbo, NSW.

Although lettuce can be very demanding of just the right amount of water and fertiliser when and where it wants it, there is nothing quite like a mouthful of crisp, sweet lettuce on a hot summer's day. Why not plant a few seeds now to be ready for the hot days ahead? Years ago we were told that lettuce had no worthwhile nutritional value, but that simply isn't true. It contains the minerals bromine (iodine partner), chlorine, magnesium and silica. *The Herb Book* by John Lust tells me it is also an anodyne (painkiller), antispasmodic, expectorant and sedative. Use as fresh as possible to be beneficial.

## VARIETIES

### Warm Weather

Nonheating varieties will grow better in summer: Cos, Red Oak Leaf, Green Oak Leaf, Italian, Chinese, Gwenda White and Yugoslavia, which is very leafy and grows to over a kilogram in weight.

### Year Round

Mignonette and Buttercrunch.

Nonheating varieties take 10 weeks in summer and 14 weeks in winter to mature.

## PLANTING

Plant in a semi-shaded position in well drained, highly fertile soil containing plenty of organic matter for water retention. A pH between 5.8 and 6.8 is preferred.

Plant at three-week intervals to provide an ongoing crop. Planting in the cooler months makes for easier and longer growing. Transplant two weeks after the seedlings emerge. Lettuce seedlings can be popped in amongst flowers and other plants that will offer some filtered shade. Planting in a mature pea bed will offer semi-shade and nitrogen.

### Companions

Carrots, onions, radishes, beetroot, marigolds, strawberries and cabbages (fill gaps with lettuce seedlings as you

harvest cabbages).

### Fertiliser

Lettuce needs to grow quickly to be sweet so use your best compost in its planting pocket. Water fortnightly with homemade liquid manure or worm juice, seaweed or fish emulsion, making sure that the water gets through the mulch because lettuce doesn't like drying out. Put some fertiliser such as chook manure, blood and bone, or Dynamic Lifter on the soil a few weeks before each planting and as side dressings if needed, but stop when plants are half-grown.

### Watering

Lack of water or too much heat for any length of time can send the lettuce to seed, known as 'bolting'.

### Mulching

They need a good supply of mulch to conserve moisture. The mulch becomes more important as the weather warms up.

## PROPAGATION

The best way of all is to let them self-seed, many varieties will do so. You can then transplant if necessary. In the heat of summer plant the seeds about a centimetre deep and give a good soaking, preferably in a semi-shaded site. Then cover the seedbed with a centimetre of *well-rotted* sawdust. This keeps the heat off the seeds and doesn't



## PARISIAN LETTUCE SALAD

1 lettuce  
2 slices toast (no butter) with  
grilled cheese on top (feta preferably)

### Dressing

2 tbsp lemon juice  
2 tbsp olive oil

### Method

Tear up the lettuce and make a pile on each plate. Pour dressing over lettuce. Cut toast into pieces and place on top. Much nicer than it sounds . . . try it.

allow the water to dry out before they've germinated.

### Seed Saving

Let the best two plants go to seed. Let one self-seed in the bed and save the seed from the second as a back-up, to share or donate to a seed bank. Name the variety whenever possible. Seed is viable for about four years.

## PROBLEMS

### Snails, Slugs

Spread 10 centimetres of coarse material around seedlings.

### Birds

Criss-cross black cotton on sticks about 20 centimetres high.

### Bitter Taste

Provide constant feeding and moisture.

## NUTRITION

Green leaves contain the most vitamins: Lettuce picked at 7am has 70 – 260 percent more glucose and 20 – 120 percent more fructose than lettuce picked at 2pm, according to US Dept of Agriculture's Horticultural Crops Research Laboratory.

### Notes

If you cut a leaf and see milky sap instead of clear sap, the taste will be bitter. Unless you want to save it for seed, pull it out and feed it to the chooks or worms or compost it. ♪

# TIME FOR TEA

by Lillian Barry, Glenorie, NSW.

Tea drinking is often promoted for its health benefits, but the best reason for drinking tea is purely for pleasure. Herb teas are not only enjoyable and refreshing to drink, they also offer an infinite variety of flavours and aromas. Packaged herb teas offer convenience as well as variety, but they cannot replicate the flavour of herbs picked fresh from the garden.

Herbs suitable for tea are easy to grow in a temperate climate and can fit into most types of gardens. Even those with limited space can still grow a few tea herbs in pots on a sunny balcony or patio. The easiest way to grow a few herbs for the teapot is to set aside a small area in a sunny spot near the kitchen door. That way it is quick and convenient to grab a handful of fresh herbs whenever it's time for a tea break. Place the herbs into a ceramic teapot, pour over boiling water and allow to steep for three to four minutes. For those who like a sweet drink, a spoonful of honey does the trick. Some tea herbs are naturally sweet, so do a taste test if you are unfamiliar with the herb.

*For those on medication, or who are pregnant, it is advisable to check with your doctor, or a qualified herbalist, for any complications that might arise from using a particular herb.*

A specially designed tea garden is a novel idea. It can be arranged in a



A tea garden can be any shape but this one is circular with a variety of sages, thymes, and just one or two catmints because they tend to take over.

saucer shape outlined with paving bricks. Don't make the saucer too broad as you want to be able to reach into the middle without trampling herbs growing on the outer edge. Throw in plenty of good quality compost, ensuring the soil is well drained. (Most herbs hate wet feet.) If you layer sufficient compost over existing garden soil, you may not have to do much digging – let the earthworms do the job instead!

Now you're ready to plant your tea garden! Position taller herbs in the centre and gradually scale down the height towards the outside edge for the lower herbs. Perhaps you might like to plant a fragrant red rose in the centre. Rose petals and rosehips make delicious teas. This could be underplanted with anise hyssop, a pretty herb with spikes of mauve flowers. Anise hyssop has an aniseed flavour and blends beautifully with fragrant rose petals in herb tea.

Edge your herb tea bed with pretty mauve catmint and you have a lovely garden that is useful too.

## TEAS TO TRY

- Fruit salad sage, has a lovely fruity perfume with lolly pink flowers, use leaves and flowers.
- Pineapple sage, the name suggests the perfume, has red flowers, use the leaves.
- Mabel grey geranium, a scented pelargonium with a lemon aroma that is hard to beat, use leaves.
- English lavender, has the sweetest aroma and flavour, use flower spikes.

There are dozens more herbs that can be used as tea herbs. However, if trialling an unusual herb or one you are not familiar with, always obtain *qualified* advice first before using. Once you've planted your tea garden, it's time to sit back and enjoy the fruits of your labour. ☺

**AVOID AIRCONDITIONING  
AND REDUCE HEATING COSTS**  
CONCERTINA

**FOIL BATTS™**

THE RADIANT HEAT BARRIER  
THERMAL INSULATION FOR  
CEILINGS • WALLS • FLOORS  
• Efficient • Economical • Compact

RENSHADE perforated foil for windows and polycarbonate roofing

Tel: 03-9532-5855 Fax: 03-9532-5854  
www.concertinafoilbatts.com 1800-066-002  
WREN INDUSTRIES  
139 Herald St, Cheltenham, Vic 3192

# Christmas Egg Decorations



by Robyn Leah, Weston, NSW.

Have fun with the kids making these simple decorations.



Easter is the traditional time for decorations and all things of an eggy persuasion, but because I usually have a glut of eggs at Christmas time I've come up with some simple Christmas decorations made from blown eggs. The children love to be involved in this activity and the ideas are so easy to make that they'll need little adult help. Anyone without an egg surplus can use polystyrene balls.

## BLOWING EGGS

Begin with an egg and a sharp needle. Make a hole in the top and bottom of the egg using the needle. Blow into one of the holes until all of the egg's contents have come out the other end. To make sure all the egg's insides are out, rinse with cold water. Let the eggs dry and then decorate them.

## SANTA TREE DECORATION

### Materials & Equipment

- blown egg or polystyrene ball
- red texta or paint
- black texta or paint
- cotton wool
- craft glue
- stick-on eyes
- red fabric
- piece of wool or string



## Method

Stick the eyes on the egg or ball then paint a nose, mouth and rosy cheeks with red paint or texta. If desired, paint on a strip of red paint for the hat and use a black texta to draw on a pair of glasses. If you use a puff paint it will need at least a day to dry. Using cotton wool pulled into the right shapes, glue a beard, moustache and front of cap around the face and let dry. Cut a long triangle of fabric and glue edges together to make a pointed hat. Glue to the top of the ball or egg. Fold the point down and glue onto the side of Santa's face. Add a small ball of cotton wool to the point of the hat. Glue a looped piece of wool or string to the top of Santa's head if you wish to hang Santa on the tree, or sit him in an egg cup to use as a table decoration.

## BASKET OF EGGS

### Materials & Equipment

- eggs
- basket
- paints
- Christmas stickers or motifs cut from wrapping paper
- string
- a long needle

## Method

If eggs are plentiful, blow the contents out of several. Paint the eggs in Christmas colours and let them dry. When the eggs are dry arrange the stickers or motifs on them. Thread a looped piece of string through the middle of the egg and tie a knot at the bottom. Hang your decorated egg on the tree or decorate several with paint and stickers and arrange them in a pretty shallow basket as a centrepiece for Christmas dinner.

## CHRISTMAS PUDDING

### Materials & Equipment

- blown egg or polystyrene ball



- square of Christmas fabric or wrapping paper
- string or ribbon
- pinking shears or scissors

## Method

Round the corners of the square of fabric or paper using pinking shears or scissors. Place the egg or ball in the centre of the fabric or paper and gather around to the top. Tie with a piece of ribbon or string and hang on the tree. ♡

**Chemical Free**

**eco-ball® SUPER CHARGED**

**LAUNDRY BALLS**

**SAVE MONEY**

**SAVE WATER**

Replaces all soaps and detergents in your washing machine - no need to rinse

Environmentally friendly

Hypoallergenic & antibacterial

No harsh detergents or chemicals to pollute our waterways

For free leaflet or to order contact -

**Safe Eco Products - PO Box 522**

**Daylesford VIC 3460**

**Ph/Fax: 03-5348-7988**

**Email: safeecoproducts@bigpond.com**

Gays Rd, Wheatsheaf 3461



# Clues With Glues

by John Mount, Woodford, Qld.

Every time I needed some glue for a project, my commercially bought product had usually gone as hard as a rock. This meant that the project had to wait until the next time I went shopping, or I would somehow have to make my own glue. I remember, as a child, my mother showing me how to make a good paper glue from a runny mixture of flour and water. Another favourite was a piece of cold boiled potato continuously rubbed on paper until the consistency was just right.

For repairing small items around the house my father often made a glue by placing two teaspoons of melted gum arabic in half a cup of water, then adding half a teaspoon of plain sugar and one teaspoon of starch. It was then boiled till thick.

Here are several ideas for making adhesives and glues from common



household substances.

- For small children who like putting things in their mouths, a safe, odourless, nonstaining paper glue can be made simply by soaking a small amount of cooking tapioca in water.

- Powdered or evaporated milk mixed with water also makes a good paper glue.

- Nail polish will make a reasonable adhesive for small objects in an emergency.

- Another good household glue can be made by mixing powder, laundry starch and water into a paste and bringing the mixture to the boil. Allow to cool before using.

- For the more ambitious, here is a 1940s recipe for repairing heavy ceramic bowls and toileware. Place an oyster shell in the fire until it glows with heat. Take it out with a pair of tongs and allow to cool. Then crush it to a fine powder and, if possible, sieve it. Mix the resultant white dust with white of an egg until it assumes the consistency of a white paste. Glue and join the parts and leave for a few days.

For those who prefer the commercially made tubes and packets of glue and adhesives, place them in a sealed glass container to prevent them from drying out too quickly and extend their shelflife. ♡

**CHEMICAL  
FREE  
CLEANING**  
with

**Enviro  
Cloth**

**With EnviroCloths you can clean effectively without chemicals – protecting you and your family from allergies as well as from harmful bacteria**

EnviroCloths are made from the latest micro-fibre material, 80% polyester 20% polyamide, which lifts and stores dirt, dust and grease without scratching. When wet the wedge shaped fibres work by capillary action, sucking up dirt into the cloth. When dry static electricity has the same effect.

**You can use EnviroCloths on just about anything –**

- Glass – leaves no streaks or chemical residues
- Silverware and Crystal – bring back the lustre
- Stainless steel – fingerprints are no problem
- Shower Screens – remove soap scum without the tears
- Tiles and porcelain – regain that smooth clean surface
- Carpets – spills and slops gone
- Pets – cleans their coats as well as any mishaps

**3 CLOTHS  
PER PACKET  
\$39.95**  
**100%  
money back  
guarantee**

To order please contact **Shop Basics**  
on **Toll Free 1300 364 128**  
**Showroom** - 301 Canberra Ave  
Fyshwick ACT or visit  
**www.shopbasics.com.au**

**EARTH BASICS**  
**Earth Friendly**

## FREE RANGE PORK

**Chemical Free**

**Give your taste buds a treat  
this Christmas**

**We produce tasty old-fashioned  
suckling pigs, hams or pork from  
our free range Large Blacks pigs.**



Christmas orders now being taken. Can deliver to Melbourne metropolitan area or arrange pick up in north-east Victoria. Order by phone: 03-5768-2225 or fax: 03-5768-2526.

## Organic Guide To Australia

**Now Available**

**Our recently published comprehensive  
organic food guide is a vital shopping tool.**

**Find • Restaurants • Greengrocers  
• Butchers • Home Delivery – Nationally**

**Only \$19.95**

**See page 82 for ordering details.**

# CONTROLLING POULTRY LICE

by Megg Miller, Nagambie, Vic.

Lice are one of the most commonly encountered parasites on poultry. They're frequently confused with mites and the easiest way of differentiating the two is to recall a simple alliteration: lice linger or live on, mites meander. Lice live their entire life on poultry, scavenging and eating skin dander and debris from feathers. Mites, by contrast, are blood suckers.

Lice are not of great concern unless a severe infestation occurs or young chickens are involved. Although they are most active in late autumn and early winter, suspect their presence when birds are looking off colour; production inexplicably drops off; or plumage is tattered and bare areas appear on the neck, the back or around the vent. There are lice specific to these areas of the body. The main louse that infects fowls may also be found on other poultry species, but in addition there are species-specific lice for waterfowl, turkeys and pigeons.

## TARGETED SPECIES

If you discover you've picked up a couple of lice after handling fowls, don't panic, they're species specific so will scurry off because your skin is unattractive to them. A shower and change of clothes will rectify the situation. All poultry species may become infested; the common chicken louse is not at all fussy so may find its way onto turkeys, guinea fowl and even waterfowl. If birds are in good health and able to dust-bathe or bathe in the case of ducks and geese, numbers will be insignificant. Newly hatched and young stock are most vulnerable.

## INTRODUCTION AND TRANSFER

Although it's generally believed wild birds like sparrows introduce this ectoparasite, it is more likely to come in on newly purchased poultry. Transfer is facilitated by close contact as in sharing nest boxes; huddling closely together on perches, especially in cold weather; and by copulation. There is a slim chance

lice could be introduced via carrying crates or boxes. Lice can only live for five to seven days off the host, so very recently used crates that have had infested stock may be a source of infection.

## LICE LIFE CYCLE

A diverse number of different lice infest poultry, but their behaviour and life cycle are similar. Essential differences concern the species of poultry targeted and part of body affected, and then the number of moults the immature lice undertake and overall length of its life cycle.

The chicken body louse is the most numerically common louse and it can be found on turkeys, guinea fowl and even waterfowl as well as fowls. It is three millimetres long, greyish coloured and lives for several months, the female laying clusters of greyish-white eggs at the base of feathers. These are 'glued' or attached by secretions the female produces to ensure the eggs survive. Heat from the host's body assists hatching. Colourless nymphs emerge four to ten days later and go through a series of moults until they emerge as adult lice, ready to breed and multiply. The life cycle for other species of lice is similar.

## SIGNS OF INFESTATION

Most poultry keepers discover their birds have lice when they pick up and examine a sick or dead flock member. They are likely to be horrified by the gross infestation, which could extend to thousands. While it's plausible to assume all the flock are carrying a similar burden, in all likelihood the opportunistic parasites have headed for the inactive birds that are in no state to preen or dust-bathe to reduce the numbers.

The chicken body louse is easy to detect because it inhabits the area around and under a fowl's vent and can be seen scurrying away when you part the feathers for closer inspection. Clusters of eggs may also be apparent at the base of feathers. If you look at

feathers from the vent down to the belly region, you're likely to see lots of egg clusters if lice are very active.

Lighter infestations or the presence of other species of lice (head, wing or fluff lice) may be observed from featherless areas on the bird's body, damaged feathers or red irritated skin around the vent. Suspect lice if birds are unthrifty or laying poorly (and you've wormed them with no obvious improvement) or you are finding fertility is poor during the breeding season.

Broody hens are a particular concern and need to be examined, and if necessary treated, before chicks are hatched. Never set a broody without first checking for lice or their eggs; little chicks are quickly overwhelmed by heavy infestations and become weak and die.

Suspect the presence of lice, especially in autumn when their numbers are high, if growing chickens are pale, listless and not prospering as anticipated. Growing stock seem to be easy prey for all the biting, chewing and sucking pests and cannot put energy into growth if they're battling to survive.

## CONTROL MEASURES

Whether you suspect lice or not, it's sensible to examine birds intermittently. As the lice live on their hosts full time it doesn't matter when you catch and examine flock members, but always include the rooster because he is likely

## CHOOK OWNERS OF THE WORLD REJOICE!



Ideal  
Xmas  
Present

**Preserves your eggs for 12 months +.**

Ke-Peg crème extends shelf life of your eggs without refrigeration. Each jar preserves min 40 dozen eggs.

Just \$19.95 plus \$6.50 P&H for 1-3 jars and \$11.50 P&H for 4-12 jars. Inc GST.

Mail order to Give An Aussie A Go,  
15 Jarrahdale Drive, Elanora, Qld. 4221.  
Phone: 07 5520 3179

<http://www.giveanaussieago.com.au/sites/kepeg.html>

to be heavily infested and passing lice on during mating.

Control measures are simple and should start with the dust-bathing area. Ensure there is plenty of soft soil for this important activity, going so far as to erect a simple cover to keep the area protected from rain. Where birds are shedded full time a spacious wooden box can be constructed, filled with soil, and placed where sun will shine in on it to add appeal to this essential maintenance activity.

In addition to birds dust-bathing, you will have to apply sulphur to the areas of infestation on them. If it's just around the vent, a liberal dusting with sulphur every ten days (to catch the next round of lice as they hatch) until there is no sign of either critters or eggs will totally eliminate them.

Waterfowl, of course don't dust-bathe, but if they have access to swimming water any chicken body lice on them will be eliminated. The species of lice specific to waterfowl may not be as easy to control but the combination of swimming or washing water plus preening, during which birds pass feathers through their serrated bills, should keep numbers at a minimum.

Turkeys are likely to carry several lice specific to them alone as well as the common chicken louse. Dusting with sulphur will be necessary as male turkeys rarely engage in dust-bathing.

Pigeons also have species-specific lice and a heavy infestation could reduce egg lay and fertility as well as growth of squab kept for meat production. Again, dusting with sulphur is advised together with a thorough application to the birds, nests and nesting box.

Sulphur can be purchased through a stock feed merchant, from a garden centre or chemist. It is imperative it's free from substances that may harm poultry, especially if purchased from a garden centre. A proprietary product, Pestene, is available for use on livestock and has an addition of 10 percent rotenone with it. Reread our advice on using products containing rotenone in GR 150 page 60. You should use a dust mask, not only to prevent sulphur dust from being inhaled, but also because birds shed minute particles of feather debris and skin and these can irritate airways.

How do you dust birds, especially big ones like turkey toms? Small and average sized birds will need to be flipped over onto their backs when applying sulphur so it makes contact with the lice. Plumage is thick and close fitting to protect a bird's body from injury and inclement cold weather. By flipping the birds over the feathers fall open and it's easier for a powder substance to penetrate through the fluff and feathers. Use the base of an upturned bucket or box to rest the birds on, it is unadvisable to dangle them by the legs for any length of time. Apply the sulphur powder to the area above and below the vent, between the legs and under the wings. Check the neck area for presence of lice and dust if egg clusters are visible. With turkeys, forget about turning them over, stand them up normally and apply liberal amounts of sulphur by hand to the infested areas.

For head lice, don't apply powder because of the risk to eyes, instead, raid the cooking oil and smear some around eyes, beak and facial skin. This will smother lice quite successfully.

### IRRITATED HENS?

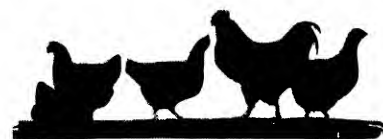
Noticed a hen with red inflamed skin around the vent? It is probably lice, so as well as dusting with sulphur smear the area with a healing product like calendula or pawpaw ointment. 🌿

Follow-up treatments are necessary to kill subsequent nymphs as they hatch and moult, every ten days being considered an appropriate gap of time.

### AN OUNCE OF PREVENTION

Prevent the reintroduction of lice once you have eliminated the existing population. Purchase fertile eggs and use your own broodies to hatch them when an increase in hen numbers is required, or quarantine newly purchased birds for two to three weeks before introduction into the flock. The latter practice is sensible as a disease precaution, the quarantine facility being quite separate from the current poultry operation. Thoroughly clean and disinfect it after use, using an insecticide if necessary. Checkups every three months to ensure your birds are not harbouring any nasties should be implemented.

Once lice are controlled you will be surprised how perky and productive your birds are, even an older rooster can become highly fertile again. Lice are not only an irritant and stress to birds but cost you money. Control is definitely worth the effort. 🌿



THE

## BANQUET

SLOW COMBUSTION COOKER

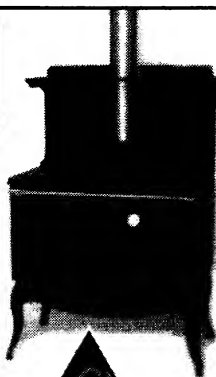
- Solid cast iron durability.
- Domestic hot water boiler.
- Overnight Burning.
- Large Oven & Firebox.

**5 Year Guarantee!**

Please view our website for more details or contact us for Brochures & Nearest Dealer at.

**Scandia Stoves**

Lot 1 Melbourne Cres or  
PO Box 372 Seymour Vic 3660  
Tel: 03-5792-2388  
[www.scandiastoves.com.au](http://www.scandiastoves.com.au)



AUSTRALIAN MADE.

## DROUGHT

Be prepared. Plant **Tagasaste**: stock fodder, windbreak, firebreak, pasture and crop enhancement.

**Tagasaste, Tree Lucerne, High Production Fodder Crop**, by Laurence C Snook – tells you all you need to know about this versatile plant.

Special price of \$12 incl postage from:

Grass Roots Publishing,  
PO Box 117, Seymour 3661. Ph: 03-5792-4000.

# The Ubiquitous Ice Cream Container

by Helen Bell, Gymea, NSW.

There are plenty of ways to reuse ice cream containers. I hope you will try some so we can reduce the amount of plastic waste on the planet.

## WATERPROOF BEACH BAG

Take one large round container and cut it in half neatly with a sharp pair of shears. Use a stiletto or plier-punch to make a neat row of holes 1.2 centimetres from the top edge.

Measure the circumference of the circle. Cut a rectangle of plastic material (old shower curtain is ideal) the same length, plus a 2.5-centimetre seam allowance. Cut it about 36 centimetres deep. Make a 5-centimetre hem on the top then join the side seams. Using doubled fishing twine or parcel-tying raffia, sew the base of the sewn tube to the holes of the container securely. Make a rope drawstring for the top to carry it to the beach.

## OTHER IDEAS

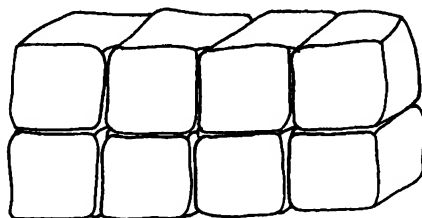
A large or small square ice cream container becomes a handy sink colander for washing vegies. Drill the holes from inside the container.

Wash large containers and place on their sides. Tape them together with tough packaging tape to make handy storage nooks.

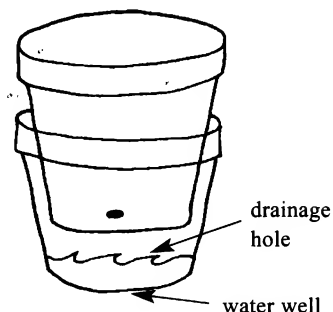
My small, flip-top kitchen tidy is fitted inside with a square ice cream container. It saves spills if the plastic bag liner has a hole, which sometimes happens if you recycle shopping bags.

Large round yoghurt-style containers can be strengthened by slipping one inside the other. These become useful cupboard organisers for hinges, screws, sewing implements, stores of all kinds. With a hole pierced at the base of the inside one, they become a pot planter with a water-well at the bottom. These are useful for plants that have to grow in the hottest area of the garden or on paved areas next to hot brick walls. I

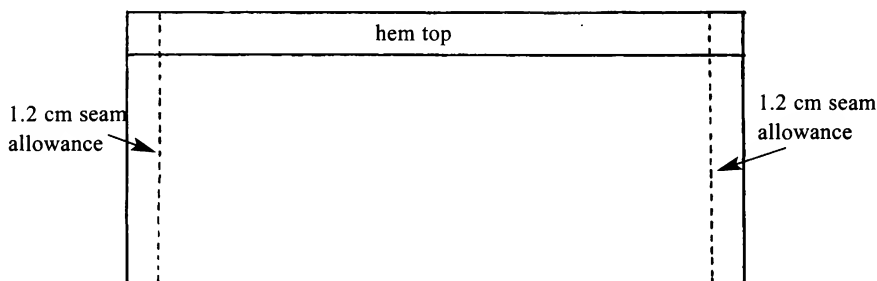
Storage Nooks



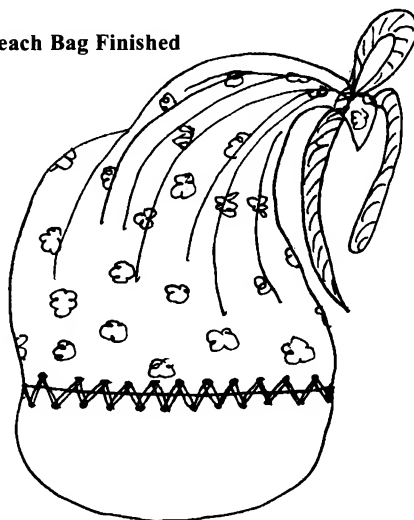
Pot Planter



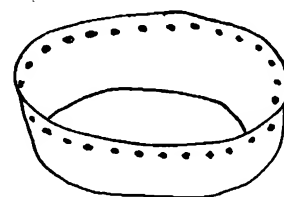
Beach Bag Top



Beach Bag Finished



Beach Bag Bottom



also use the cleaned lids for patchwork templates, small pattern pieces and stencils to make greetings cards.

The largest ice cream containers sometimes have metal carry handles and can be reused as buckets with a useful lid. ♻️

## Imagine Your Life Free From Credit Card Debt

*Find out what the Financial Experts don't tell you*

Free Info Pack reveals the real answers to debt-free living. You can easily take control of your life and your future. Discover a pain-free way to reduce your debt fast. Get your FREE Info Pack now by calling . . .

**(07) 3321 3699**

(24 Hr Rec Message - Request The Debt Free Pack)  
Hotline Marketing - Shop A - 74 Scott St Mackay QLD 4740

# Simple Water-Saving System

by Charles Eadon-Clarke, Guildford, WA.

I would like to introduce readers to Sam, or rather, to what he does that should interest us all. First I want to say that he has not asked me to write to you, nor does he know that I am doing so. So what is this all about?

Sam is a tall handsome lad, married with children. He was born in Morocco, but since adulthood has travelled and worked through many countries in Europe and the Middle East. When in Israel he learnt that the agricultural settlers on the Jewish kibbutz were suffering from a lack of water for their orchards and crops. This was not surprising because the water from the Jordon river is very limited, depending to a large extent on water from the melting snow on Mount Herman in Syria. It flows down to the Dead Sea nearly 400 metres below sea level. The summers are very hot so a great deal of the water evaporates and by the time the river gets to the Dead Sea it is highly saline.

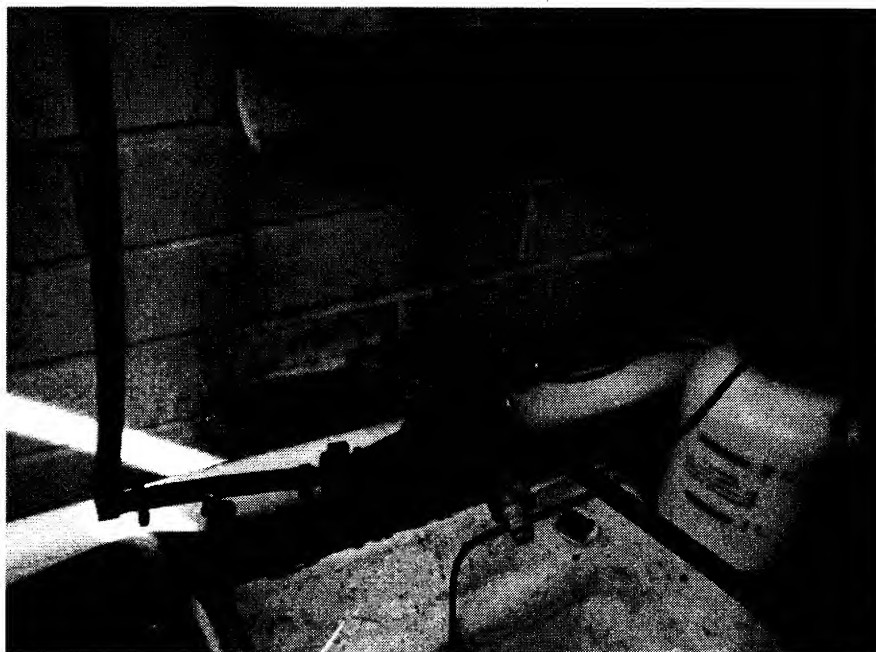
What the settlers did was to devise a scheme whereby they would only use half the normal amount of water for their agricultural use. They designed a small trickle hose with inbuilt soil-free metal holes along its length and buried it at root level where they established their plants. Above this they replaced the soil then covered the area with thick mulch, thereby preventing any of the precious water from evaporating into the atmosphere. Nor was this all.

## 🧀 CHEESE & YOGHURT 🧀

Learn to make your own at our Home Cheesemaking workshops! We supply cheese & yoghurt starter cultures including acidophilus & bifidus, rennet, mould spores, cheesewax, cheesecloth, thermometers, cheese baskets, & Australia's top-selling Home Cheesemaking book. Mail orders serving Australia.

### CHEESELINKS

PO Box 146, Little River, Vic. 3211  
Ph: 03-5283-1396 Fax: 03-5283-1096  
Email: [cheesemaster@cheeselinks.com.au](mailto:cheesemaster@cheeselinks.com.au)  
[www.cheeselinks.com.au](http://www.cheeselinks.com.au)  
15 Minns Rd, Little River 3211.



The main water supply enters the black plastic irrigation system. First through the unit reducing the pressure and then through a water filter. On the right is the bottle containing fertiliser, feeding into the system through the small pipes – only activated when required.



This photo shows the small irrigation pipes leading off from the main lines. I have raised them out of the ground for demonstration purposes, but they are sunk in the ground at root depth when operating.





A huge crop of eggplant has just been harvested. Chillies are in fruit. Planting and harvesting is continuous. In this photo carrots have been thinly sown close to the bed edges.



Can you spot the yellow flap indicating that the water is not flowing through the system? The yellow flap stands upright when the water is turned on.

Starting from their water supply tap they inserted a fitting to reduce the water pressure, followed by a water filter so that no dirt could go into the irrigation hoses. Next they included a large bottle in which they placed fertiliser which fed into the hose lines using the ventura system.

Nor did they stop there. They made an implement next to the first growing beds which most ingeniously had a bright yellow flap on top which sat in a horizontal position when the water was not flowing through the pipes but stood upright when the system was in operation, allowing the farmer to know when water was passing through the irrigation pipes.

These small gauge plastic pipes were usually placed about 45 centimetres apart. The ends were doubled over to restrict the flow, in the normal way. Then the doubled-over end was forced into a section of larger pipe to hold it down. This was released occasionally to flush out the system.

Once the various components were designed they were put into production in Israel. Sam's alert mind quickly saw the advantage of this system and the 50 percent of water that was saved. He then got a job to install this system, which worked magnificently, on the terraces on the slopes of Mount Carmel for the Baha'i religious headquarters in Haifa.

He, luckily for us, now lives in Western Australia and has been installing the system for local government authorities on their sporting grounds and road verges. How do I know all this? Well I will tell you. Sam has installed the system in my garden so I can photograph the various pieces of equipment to show you. Some of the parts still come from Israel, but we certainly need to explore its uses because Western Australia is suffering a great water shortage and has long-term garden watering restrictions. If anyone would like to know more I will pass their interest on to Sam. I feel sure that it is a system of real benefit for us in this substantially dry climate.

For more information readers can contact: Charles S Eadon-Clarke, 9 Sutherland Close, Guildford 6055. ☛





# Tasty Stocking Fillers



by Sally Carr, Nagambie, Vic.

If you've left Christmas shopping till the last minute and still have a long list of people to whom you want to give something, why not bunker down in the kitchen for an afternoon of baking or preserving. The end results make beautiful gifts that can be jazzed up with a piece of ribbon and a homemade gift tag.

Here are a few recipes that make great gifts and taste good too. Be sure to keep a jar or two for yourself.

## PICKLED SHALLOTS

Give yourself three days to prepare these because they need to be soaked.

- 1 kg shallots, peeled
- 1 lt water
- 100 g salt
- 770 ml white wine vinegar
- 2 tsp mixed whole peppercorns

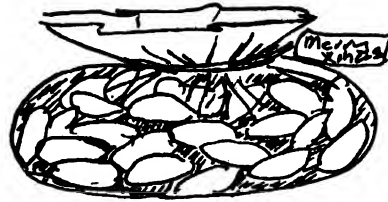
Place shallots in large bowl. Mix water and salt, pour over shallots and leave covered for two days.

Bring vinegar and peppercorns to simmering point in a saucepan, leave till quite cold. Drain shallots and dry them on kitchen paper. Distribute shallots evenly between four 500-millilitre sterilised preserving jars. Pour vinegar and spices into jars, seal tightly. It's best to leave them in a cool place for about a month before consuming.

## STICKY PARKIN

- 250 g medium oatmeal
- 250 g self-raising wholemeal flour
- 250 g black treacle
- $\frac{1}{3}$  cup canola oil
- 60 g soft dark brown sugar
- 1 tsp ground ginger
- $\frac{1}{2}$  tsp bicarb soda
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  cup milk

Preheat oven to 160° C. Line and oil a loaf tin. Melt treacle over a low heat and mix with the oil. In another container, mix milk and bicarb together. Place all dry ingredients in a large bowl and add treacle mixture, then milk mixture. Mix thoroughly and place in loaf tin. Bake for 1½ to 2 hours or until centre is firm to touch. Cool cake before turning onto a wire rack. Store in airtight tin for a few days



before serving – thick slices with butter is best.

## BUTTERED BRAZIL NUTS

- 500 g brazil nuts, shelled
- 120 g clarified butter (ghee)
- 500 g soft dark brown sugar

Add butter and sugar to a heavy-based saucepan. Heat gently until sugar dissolves and starts to bubble. Once the sugar looks smooth, stir gently to incorporate butter. You may need to remove the pan from the heat to stop the mixture burning. When it resembles melted milk chocolate, you know it's ready. Now place a few brazil nuts at a time into the caramel mixture and turn to coat well. A clean set of tweezers is good for this. When sufficiently coated, place each one onto a previously oiled plate to let the toffee set. Store in an airtight container.

## OATCAKES

- 1 cup fine oatmeal
- 1 cup medium oatmeal
- $\frac{1}{2}$  tsp baking powder
- $\frac{1}{2}$  tsp salt
- 1 tsp caster sugar
- $\frac{1}{4}$  cup canola oil
- $\frac{1}{2}$  cup warm water

Preheat oven to 180° C. Line baking tray with baking paper. Mix dry ingredients together before adding liquid. Use a flat-bladed knife to mix to a firm dough. On a board sprinkled with fine oatmeal, roll the dough out into a flatish square about three millimetres thick. Cut into triangles, or whatever,

and repeat with any leftover dough. Place oatcakes on baking tray and bake for about 25 minutes. Leave to cool on tray. They are great served with cheese.

## PICKLED WALNUTS

- green walnuts
- salt
- water
- white wine vinegar
- black peppercorns
- allspice
- ginger, bruised

Pick walnuts before they get woody. Wipe walnuts and prick with a darning needle. Place in bowl and cover with salted water – use 90 grams of salt to each 600 millilitres of water. Soak for six days to remove any bitterness. Remove walnuts from brine and drain well. Leave walnuts on dishes in the sun until dry and black all over, turning occasionally. Place in sterilised jars. Boil wine vinegar, together with spices and ginger, for eight minutes. Use one litre of vinegar to 30 grams allspice, 40 grams black peppercorns and a 20-gram lump of ginger. Pour vinegar over walnuts and cover with vinegar-proof lids when cool. Keep in cool, dark place for four to six weeks before use.

## LEMON SQUASH

- 18 lemons
- 8 cups caster sugar
- 2 tbsp citric acid
- 2 tbsp Epsom salts
- 2 lt boiling water

Juice all the lemons after retaining the zest from eight or so. Strain. Add sugar, citric acid and Epsom salts. Pour over boiling water to dissolve. Strain mixture into sterilised bottles and seal. To serve, simply dilute with ice cubes and water or soda water. Refrigerate after opening.

# WHAT'S ON

There will be plenty of events worth checking out in the coming months – if only there's time with the busy summer holidays fast approaching.

## STRAWBALE CONFERENCE

This year's International Straw Bale Building Conference is being held in Wagga Wagga and Ganmain from 1 to 7 December. A Hall of Conciliation in association with the local Wiradjuri community will be constructed in Ganmain at the same time. For more details contact John Glassford of Huff 'n' Puff Constructions on 02-6927-6027, or visit the conference website on [www.csu.edu.au/special/strawbale](http://www.csu.edu.au/special/strawbale)

## NEW YEAR'S EVE FESTIVAL

Glenworth New Year's Eve Festival will run over two days and nights from 30 December to 1 January. Campers can arrive from noon on 29 December. There will be music and performance, including the Beautiful Girls and Neil

Murray, food and market stalls. The Glenworth Valley offers horseriding, bushwalking, as well as canoeing and swimming in the tidal tributary of the Hawkesbury River. Ideal for all ages. More information is available from [www.glenworthvalleyfestival.com.au](http://www.glenworthvalleyfestival.com.au)

## PYALONG COMMUNITY FESTIVAL

The fifth Annual Pyalong and District Community Festival is being held on 26 January as part of the Australia Day celebrations. Pyalong is situated between Kilmore and Heathcote. There will be plenty of fun and activities for all ages. Events start from 10am at the Pyalong Recreation Reserve, Northern Highway. For more information contact Jo Wilson-Hawe on 03-5785-1462.

## HANDWEAVERS & SPINNERS

The Handweavers & Spinners Guild of Victoria will be having its annual summer school in January. The eight classes are taking place in the Guild's offices at

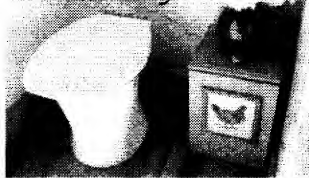
Carlton North and last from one to two days. Classes include Packed Fleece Rugs, Microwave Dyeing of Silk Tops/Caps and Other Natural Fibres, and Spinning with Hemp and Flax Fibres. For full details phone 03-9347-3008.

## SUSTAINABLE NEIGHBOURHOODS

The aim of this new permaculture program is to build healthy communities and it is especially designed for community-based organisations, educators and individuals who wish to facilitate holistic sustainable community development programs. Being held on 25 to 29 November at SEED International. 50 Crystal Waters, Kilcoy Lane, Conondale. the course will be run by Morag Gamble and Evan Raymond. Themes will include city farms, community gardens, community revitalisation strategies, building community partnerships and community food systems. For more details phone 07-5494-4833, or visit the website at [www.permaculture.au.com](http://www.permaculture.au.com)

## HERE'S HOW TO

*Save water...  
with style*



- Save water
- Save money
- Preserve your environment
- DIY install and maintain

Approved models available all States

Please send FREE 15 PAGE BOOKLET to:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Postcode \_\_\_\_\_  
Phone \_\_\_\_\_

**COMPOSTING TOILETS**  
Australia Wide for 25 Years

**CLIVUS MULTRUM AUSTRALIA**  
Ph 07-3889-6144 Fax 07-3889-6149  
PO Box 126, Strathpine Qld 4500  
Email: [info@clivusmultrum.com.au](mailto:info@clivusmultrum.com.au)  
Website: [www.clivusmultrum.com.au](http://www.clivusmultrum.com.au)



## Put a different spin on the world...



## Study Ecological Agriculture

This exciting new degree course combines work in ecology, business and farming technologies. You can study on-campus at Orange or from home by distance education.

For more details check [www.orange.usyd.edu.au](http://www.orange.usyd.edu.au)  
or phone (02) 6360 5511.



**The University of Sydney**  
Orange

# Every Osprey Matters!

by Pamela Odijk, Bribie Island, Qld.

Photograph by Herman Odijk.

Ospreys are magnificent birds, about 500 – 630 millimetres in length, with a white to cream eagle-like head sporting dark brown on their forehead and neck. The rest of their upper parts are brown with feathers edged in light brown or cream. Their wide strong wings are dark brown above, extending to black-tipped flight feathers. The white underneath the wings is barred with black and cream. They have black and blue-grey beaks and their powerful feet are bone to pale grey.

They are coastal dwellers and can be seen singly or in dispersed pairs, patrolling up and down the inshore waters within 5 – 20 kilometres of the Australian coastline. They seek their prey in the waterways. They either swoop low over the surface to snatch it like a sea eagle, or they hang, drop, and plunge feet first into the water with a great splash. They will catch fish up to two kilograms and occasionally sea snakes, crustaceans and amphibians.

One breeding pair of ospreys in the little bayside community of Pebble Beach/Sandstone Point, just north of Brisbane, recently had the whole community on their side. They too are permanent residents of the area. During summer last year, the side branch of the tree that held the ospreys' nest began to fall. It fell a little every day until the nest was no more. The 25-year-old tree had rotted and become dangerous, claimed the Caboolture Shire Council, and it was necessary that it should be cut down. By the time this was done, in February, the birds had gone.

## RESIDENTS' CONCERN

Many residents were not happy, including people who had lived directly under the tree for more than four years. They had never regarded the tree as unsafe or a 'public safety hazard,' and believed cutting it down and depriving the ospreys of a home was unwarranted. In April a public meeting was held. The residents even demanded to see the

'independent arborist's report' which had declared the tree unsafe. This evidence was apparently never produced. Accusations of mischief-making by some residents thought to be unhappy about the ospreys' noise were levelled. But most wanted the ospreys to return to the area and demanded that something be done to ensure this.

To appease the residents, the Queensland Parks and Wildlife Service was called in to advise. They were prompt in providing council with advice on the ospreys and their breeding cycle, and made some recommendations.

## A NEW OSPREY HOME SITE

By May, the council, acting on the advice given, erected a high pole and platform where the tree had been, and the residents waited to see if the ospreys would approve. They did! Jubilant letters from local residents appeared in the press.

*'The birds have returned and are in the process of building their nest on top of the pole and platform,'* wrote one (J M Ward). *'Residents who contacted the council and attended the meeting protesting the removal of the tree should give themselves a pat on the back.'*

Once again, the ospreys performed their spectacular aerial dives and swoops of courtship 100 – 300 metres above their nest, now built on the new platform. The nest will be added to year after year by the resident pair, with the male bringing the building materials and the female working them into the nest.

After laying her two to three eggs, the female spends most of the time on the nest, totally reliant on the male to provide her with food. He brings her one to two fish each day, which is sufficient for her appetite at this time. When the chicks hatch, the male suddenly has to find three to five fish each day to feed the ravenous family. The female tears the food and feeds the young who gulp it down at the rate of about ten pieces a minute! The young return to the nest



Pole and platform built for the ospreys after their original nesting site was destroyed.

even after fledging, and use it as a feeding platform for several weeks. They learn to fish for themselves within a week of leaving the nest.

## ALL'S WELL THAT ENDS WELL

So everyone is happy – even the Mayor. *'The ospreys are a major environmental asset and something of a local natural attraction,'* Mayor Joy Leishman was quoted as saying. The local residents hope that the ospreys will continue to return to add to their nest, a bulky structure of twigs, lined with grass and seaweed from nearby Moreton Bay, some time between August and November each year and produce their two to three young. And the ospreys are obviously happy with their new permanent homesite too. ♡



## SUMMER HEAT

Evaporative cooling is the cheapest and easiest means to cool a house. When summer temperatures rise above the 30° C mark, people start thinking about air conditioning which costs a lot to install and run. But if you are on tank water and have an electric pump to pressurise the water, you can cheaply organise a sprinkler system on the highest point of the roof. Any water that does not evaporate is contained in the roof gutters and returned to the water tank. It's a lot cheaper than an air conditioner and is a huge peace of mind when the big bushfires are approaching. You may get a good discount off your house insurance too. Make sure you have a good pump and a big water tank. Copper pipes are preferable to plastic as they don't burn. The pump should be in a brick or concrete block shelter, and electric cables are best underground. The tank should be concrete or another fireproof material, or even be underground. ♡

**Roberino**

## VEGETARIANS

Spice up your diet with fifty tantalising and delicious recipes.

Send cheque or money order  
for \$35 plus \$3 p&h to  
Oorain Marketing,  
23 Victoria Ave, Monbulk 3793

# Changing Lifestyle

by Sweet Alice, Hanwood, NSW.

The common question asked over the years by those planning a change in lifestyle is: Where do we start? And my reply to that is to be as a weed, and bloom where you are planted. You can, to some degree, be self-sufficient and help our planet, starting today, regardless of where you live. You don't need a large acreage. The average suburban backyard is room enough to grow your own organic food and raise a few hens. Jackie French has published some excellent books on the subject. Before you can understand, you must experience how it feels to gather your own homegrown fresh vegetables and herbs, talk to your hens as you go about collecting the eggs, filling the feeder with wheat and renewing fresh water. I love my poultry and have pet names for my favourites. It is always exciting when the eggs hatch out because I love to see the markings on the chickens.

We are very fortunate to have our own farm and a large family so we are not limited by space. The fruit trees that do well in our hot summers and below-zero winters are peach, plum, pear, apple, olive, persimmon, nectarine, cherry, mulberry and fig. We have all these planted as well as all types of citrus. Heavy frosts prevent the success of tropical fruit. Passion fruit do well in a sunny protected position, as do chokos.

When choosing to purchase fruit trees, use a specialist nursery where staff can advise you on the varieties that will grow well in your climate. We chose established trees, used lots of old manure, mulched well over the hot weather, and our trees were cropping well after a couple of seasons.

The best fig tree we believe is the Black Genoa. It grows quickly, is a prolific fruiter, deciduous, self-pollinates and you don't need to spend money buying an expensive grafted plant because it grows best from a cutting planted in summer. Once you have planted your cutting directly into the

ground where you want the tree to be, take care not to let the soil dry out. It must be kept moist at all times, not very wet. This is where mulching is essential. The fruit of the Black Genoa fig is delicious.

Almonds and walnuts are gathered each season and a couple of trees will give you loads of nuts to last you all year and some to swap. The parrots love almonds so don't be too slow gathering them. After removing the split outer fruit, store the nuts spread out on a flat dry surface to dry out well for awhile or else they will go mouldy over the winter. Once dry, store in a calico bag in a dry area. When collecting your walnuts, wear gloves because the outer fruit will stain black. This stain is permanent on clothing and takes some time to wear off hands. Spread the nuts out on a dry surface to dry before bagging and storing. Walnut trees are easy to grow, the nuts are easy to harvest and taste delicious. Most people would be surprised to find how delicious a walnut sandwich can taste.

Well, I could write on forever about the wonders of a natural lifestyle because it really works and it is so enjoyable it doesn't seem like hard labour. It certainly keeps you on the go, and away from that crazy place they call a supermarket where, in exchange for all your money, you can never be truly confident in what produce you come away with. Disease and disorders in the world today appear to be ever worsening and history has shown us what the introduction of chemicals into our environment has done. One example was the use of Agent Orange in Vietnam in the 1960s. Closer to home we can be exposed daily to all sorts of undesirables in the forms of herbicides, insecticides and preservatives. Sadly, too many people become complacent about the environment, telling themselves that because everyone else seems to use a product and they seem okay there is no danger. ♡



## ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

### KE-PEG

This simple coating method for extending the shelf life of fresh eggs means they can be stored for up to 12 months unrefrigerated in a dark, cool, dry place. Ke-peg is a safe, biodegradable cream product. It is antibacterial and antifungal. Dehydration, deterioration and contamination are prevented with Ke-peg, and the eggs are able to absorb oxygen sulfide, though the egg shells are not penetrated by the cream. One container of Ke-peg will keep indefinitely and preserve about 40 dozen eggs. Ke-peg is ideal for the backyard egg farmer, with peak seasonal egg laying often producing more eggs than needed. Ke-peg has also been popular with householders generally, not to mention anyone who is without refrigeration, campers for example. It's easy to use, simply grease hands with Ke-peg and roll egg until lightly coated.

For more information contact Ke-peg, PO Box 35, Palm Beach 4221, ph: 1300-677-781, or visit: [www.giveanaussieago.com.au/sites/kepeg.html](http://www.giveanaussieago.com.au/sites/kepeg.html)

### ENVIROMOWER ECO-500

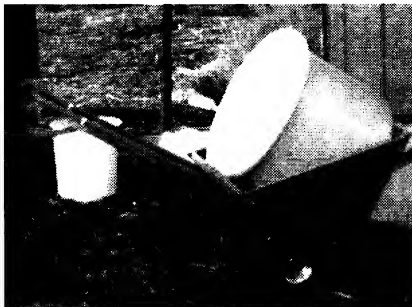
The Eco-500 is a cordless electric battery rechargeable lawnmower. With no petrol or oil required, the Eco-500 is emission free and produces 75 percent less noise than most petrol-fuelled mowers. The Eco-500 can act as a mulcher by inserting the chute block and swapping the cutting blade to mulching blade. It has an easy push-button start, a one-piece solid steel blade, and comes with a catcher and a 24 volt rechargeable battery pack. The battery pack takes 12 hours to fully recharge and has a running time of around an hour and a half. The battery pack's life expectancy is five to seven years. The mower retails for \$649 and comes with a two-year parts and labour warranty.

For more information contact Enviromower at 555-557 Gilbert Road, Preston 3072, ph: 1800-468-476, or visit: [www.enviromower.com.au](http://www.enviromower.com.au)

### TROLLEY BARROW

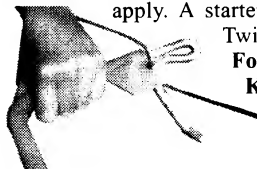
Taking care of your back is an extremely important consideration when lifting and moving bulky objects and materials. The Trolley Barrow is a cross between a wheelbarrow and a trolley, making it ideal for loading materials from ground level, but it holds more than a normal trolley. Most of the load weight is carried over the two wheels. The design also offers better control, load stability and manoeuvrability, making transportation easier. When a simple frame is incorporated with this it can be used to place garden bags around or act as a garden workstation for hand tools. The Trolley Barrow is ideal for gardeners, older people, nurseries, landscape designers, councils and anyone who wants to minimise lifting. It's great for moving anything of a bulky nature: pot plants, firewood, concrete slabs and pavers. The Trolley Barrow concept is a joint partnership initiative between Successful Training Employment & Promotion Services (STEPS Inc) and Barefoot Engineering.

For further information contact Barefoot Engineering, Lot 26 Fraser Road, Canning Vale 6155, ph: 08-9455-1260.



### TWITCHER FENCE STRAINER

The Twitcher is a simple wire strainer that gets the job of fence straining finished fast. Just place the actual Twitcher in the fence line, attach the crank applicator and wind until the required tension is reached. Fences can be retensioned at any time. The Twitcher is suitable for trellis lines or plain and barbed fences. It is totally galvanised so will not rust or damage wires. With the Twitcher, there is no need for cuts and joins to the wire while straining, nor any need to cut ties on posts. The Twitcher is less than half the price of other strainers and takes half the time to apply. A starter kit of an applicator and five



Twitchers is \$16.50 plus postage.

For more information contact Kriesel & Co Pty Ltd, PO Box 161, Warragul 3820, ph: 1800-501-657.

### SOLTEC II FOIL REFLECTIVE MULCH MAT

Soltec II is a foil mulch mat with a choice of two reflective surfaces. Laid with the silvered mirror surface facing up, it throws direct reflected light that is ideal for shaded or low light areas. Laid with the diffuser coated surface facing up, it enables the transmission of a wide spectrum of diffused light to be reflected up under the foliage. These options provide improved fruit quality and productivity, better soil moisture conditions and a reduction in the number of harvest picks. The product is ideal for orchards and vineyards. The placement of two strips, one on each side of the row on the herbicide strip, held down with Pergolock ground pins, is found to be the most suitable. The mat has pinhole perforations for breathability and moisture retention. It is tough and UV stabilised for long life. Soltec comes in 100-metre rolls of various widths.

For more information contact Netcraft Pty Ltd, PO Box 99, Margate 7054, ph: 03-6267-1111, or visit: [www.ncraft.com.au](http://www.ncraft.com.au)

### COOLMAX CM50 WALL-MOUNTED EVAPORATIVE COOLER

The green Coolmax wall/window evaporative cooler has low water usage and only draws 222 watts on high speed, around 90 percent less than an equivalent conventional air conditioner. This means the Coolmax CM50 can be run on solar power and rainwater systems. The Coolmax CM50 has a bellmouth inlet and the outside fan ensures low noise, it comes in a one-piece construction with a CELdek pad for long life. It plugs into a standard power point and has double deflection louvres. The cooler is effective for areas up to about 45 metres square, including open plan living areas, garden workshops, rumpus rooms and holiday homes, and is ideal for traditional evaporative cooling areas like Victoria, South Australia, Western Australia and inland New South Wales or Queensland.

For more information contact Coolmax, 78 West Street, Torrensville 5031, ph: 08-8354-1062, or visit: [www.coolmax.mx.com.au](http://www.coolmax.mx.com.au)

## RECENT RELEASES

Titles described can be ordered through your nearest bookstore.

### THE ALLERGY-FREE HOME

A Practical Guide to Creating a Healthy Environment  
Vittoria D'Alessio

Allergies are becoming more and more common, and people's autoimmune responses to the increasing pollutants in our environment are no doubt playing a part. D'Alessio shows how we can make our homes safer places. She provides helpful solutions to fix or avoid existing problems and outlines simple changes, like using natural cleaning products, that may prove beneficial. Allergy symptoms are discussed, as well as diagnoses and the likely causes of symptoms. This publication has been written for a British audience, though the majority of information is relevant to all Western households. While any study of this book may leave you feeling overwhelmed at the work to be done, D'Alessio stresses the importance of making changes gradually.

P/b, 124pp, New Holland, 14 Aquatic Drive, Frenchs Forest 2086. Ph: 02-9975-6799. RRP: \$34.95.

### COMPLETE VEGETARIAN COOKBOOK

Charmaine Solomon

This is yet another beautiful looking and very comprehensive cookbook from the author of that all-time Australian favourite, *The Complete Asian Cookbook*. Originally released over a decade ago, this cookbook is a completely updated edition containing over 600 winning vegetarian recipes from India, the Middle East, Asia and the West. Solomon was inspired to embark on the compilation of her favourite vegetarian recipes from around the world because of her personal preference for vegetarian food and regular requests from friends who delight in her vegetarian meals. The rather cumbersome typeface used for recipe headings spoils an otherwise impressive design.

H/b, 400pp, HarperCollins Publishers, PO Box 321, Pymble 2073. Ph: 02-9952-5000. RRP: \$55.

### ORGANIC VEGETABLE GARDENING

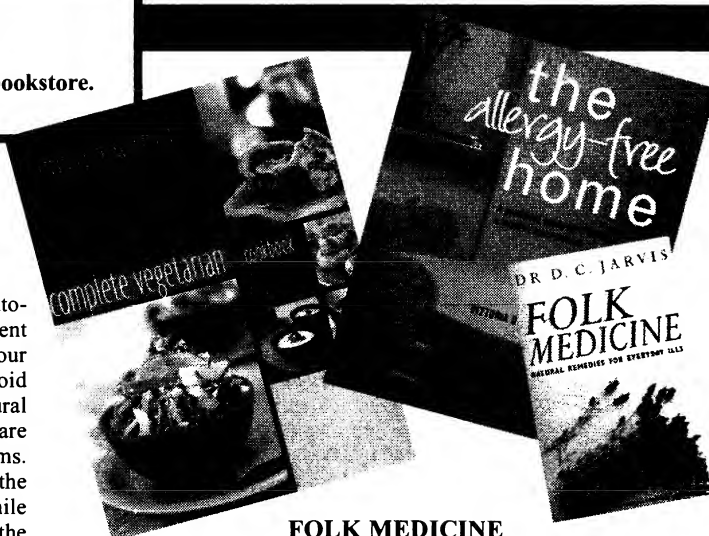
Annette McFarlane

### AUSTRALIAN PLANTS FOR YEAR ROUND COLOUR

Angus Stewart

Both these practical large format, full colour titles are part of the Gardening Australia catalogue. The first uses organic principles to grow vegetables and covers planning and garden layout, seed saving, pest control and planting times. Over 40 vegetables are listed in detail, including varieties, planting and growing, preparing and storing, and possible hiccups. *Australian Plants for Year Round Colour* shows how easy it is to have a native garden that will flower all year, with different groups of plants being used to brighten each season. It features a listing of native plants by species, giving common names, flowering times, varieties, problems, and advice about when and how to plant.

P/b, 120pp, ABC Books, GPO Box 9994, Sydney 2001. Ph: 1300-360-111. RRP: 27.95.



### FOLK MEDICINE

Natural Remedies for Everyday Ills  
Dr D C Jarvis

Recently re-released, this time-honoured text on natural health was first published in 1958 and is now considered a classic. In fact, it has been recommended and referred to often in Feedback pages over the years. Jarvis worked and lived in the Vermont Mountains for most of his life and his remedies are a tribute to the way of life practised by the people living there. The usefulness and health benefits of many ordinary products like honey, cider vinegar, corn oil and kelp are considered in depth.

P/b, 269pp, Pan Macmillan, 627 Chapel Street, South Yarra 3141. Ph: 1300-135-113. RRP: \$14.95.

### BUSH SEASONS

An Affectionate Study of a Tiny Bushland  
Joan Semmens

This beautiful and detailed book is a month-by-month record of the yearly cycle of interdependent plant and animal life found in a 45-hectare woodland nature reserve in north-eastern Victoria. We are presented with an intricate picture of its complex and delicate biodiversity. Fifteen years was spent studying the plants and creatures, and the book is illustrated with detailed drawings and watercolours. The impact of encroaching human settlement nearby is disturbing.

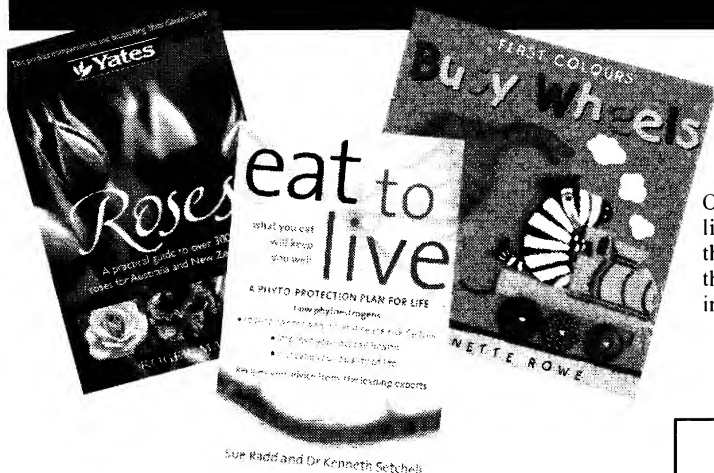
H/b, 312pp, Hyland House Publishing, PO Box 122, Flemington 3031. Ph: 03-9376-4461. RRP: \$49.95.

### A PHOTOGRAPHIC GUIDE TO WILDFLOWERS OF SOUTH-EASTERN AUSTRALIA

Denise Greig

In a compact, easy-to-use format, this handy field guide covers around 250 species of wildflowers that are most likely to be found growing in the more accessible parts of south-eastern Australia. Some species are widespread and common to all states, while others may be an important component of the plant community in just a small geographical area. The guide provides line drawings, full colour photographs, botanical names and text describing key identification features.

P/b, 144pp, New Holland, 14 Aquatic Drive, Frenchs Forest 2086. Ph: 02-9975-6799. RRP: \$19.95.



**RARE TRADES**  
**Making Things by Hand in the Digital Age**  
**Mark Thompson**

The nature of work is changing and skilled manual trades have become rare. Mark Thompson celebrates the artisan in his latest book, *Rare Trades*, with stories and photos of those still making objects of great utility and beauty. Thompson (*Blokes & Sheds* author) spent nearly three years researching the history of manual trades and travelled around Australia to find people still practising such skills. Thankfully, Thompson believes there will always be a trickle of demand for the services of coopers, split-rail fencers, sail makers and saddlers, to name a few. This is an important documentation of valuable crafts that are being left behind in the technological race.

**P/b, 229pp, HarperCollins Publishers, PO Box 321, Pymble 2073. Ph: 02-9952-5000. RRP: \$24.95.**

**IN SEARCH OF A WILD BRUMBY**  
**Michael Keenan**

This exhilarating tale captures all our favourite Australian icons: the Snowy Mountains, Banjo Paterson and wild brumbies. Keenan, a farmer and environmentalist, sets off to catch a brumby to add to his stock of farm horses. His tale of the chase, his talks with the mountain people who live in these remote areas, and his growing concern about the welfare of the brumbies is a great adventure story with an underlying concern about Australia's heritage and fragile ecosystems. It is estimated that there are between 300,000 and 600,000 wild brumbies, but numbers are declining rapidly.

**P/b, 274pp, Bantam Australia, Random House, 20 Alfred Street, Milsons Point, Sydney 2061. Ph: 02-9954-9966. RRP: \$22.95.**

**THE CHEMICAL MAZE**  
**Your Guide to Food Additives and Cosmetic Ingredients**  
**Bill Statham**

This is the second edition of the handy pocket book we reviewed in GR 146. Crammed full of useful information about additives in food and their code numbers, this is a welcome update with new material.

**P/b, 165pp, Possibility.com, PO Box 789, Ringwood 3134. Ph: 0402-234-945. RRP: \$12.95.**

**BUSY WHEELS**

**First Colours**  
**Janette Rowe**

One of two in a new series, this board book for toddlers is full of life. This is a simple, engaging text with fun illustrations created as three-dimensional artwork made from colourful fabrics and felts, that have then been photographed. They are bright, tactile looking and very appealing. *Busy Babies: First Numbers* comes in a similar format.

**H/b, 10pp, HarperCollins Publishers, PO Box 321, Pymble 2073. Ph: 02-9952-5000. RRP: \$10.95.**

**EAT TO LIVE**  
**A Phyto-Protection Plan for Life**  
**Sue Radd & Dr Kenneth Setchell**

Phytoestrogen deficiency can lead to heart disease and stroke, problems with menopause, breast and prostate cancers, rheumatoid arthritis, osteoporosis and brain diseases. Phytoestrogens can be found in plant foods like linseed and soya beans, and the writers show us how easy it is to eat more such foods on a regular basis to protect our health. Apart from detailing ways to boost our phytoestrogen intake, and relieve specific symptoms using phytoestrogens, there is a substantial recipe section, detailed references and a look at the best phytoestrogens around.

**P/B, 328pp, Hodder Headline, 201 Kent Street, Sydney 2000. Ph: 02-8248-0800. RRP: \$29.95.**

**YATES ROSES**  
**A Practical Guide to over 300 Roses for Australia and New Zealand**  
**Roger Mann**

Written by one of Australia's leading rosarians, this field guide is a very appropriate gift for any rose lover. Mann's detailed history of the rose leaves us in no doubt about its iconic standing, and there is a great section on how to grow, plant and care for your roses. Over 300 of the world's roses are profiled in detail and organised by colour, making this the definitive guide.

**P/b, 464pp, HarperCollins Publishers, PO Box 321, Pymble 2073. Ph: 02-9952-5000. RRP: \$39.95.**

**CHARLIE THE SMITHY**  
**How to Forge and Cheat Legally**  
**Charles Slater**

Find out how to set yourself up as a blacksmith. Slater wants to share some of the knowledge he's acquired since starting his a six-year apprenticeship as a farrier, blacksmith and metal/agricultural engineer back in the 1940s as a 15 year old. He guides us through setting up a forge, making a hammer and numerous other handy tools and gadgets using iron and heat. Diagrams, photos, useful techniques and tricks picked up over the years make this an insightful and practical read. We also learn how Slater became a smithy back in Scotland and the importance of the agricultural engineer back then.

**P/b, 79pp, QuixMill Publishing, 51 Ardlethan Street, Fisher 2611. Ph: 02-6288-6137. RRP: \$19.**



# DOWN HOME ON THE FARM

by Sunshine Miller.

'You had better write it this time,' Megg said with a twinkle in her eye. 'I think you get to tell them.'

Tell them what? New chickens, garden progress, finally started painting the house? No, no time for that, because Marcel and I are engaged! Imagine me sitting here writing that with a besotted smile on my face, giving the odd happy sigh as I gaze off dreamily into space. Being engaged has not upped my work output, but it's certainly lots of fun.

Marcel did all the right things; bought the ring, chose a lovely garden spot, went down on his knees. The one thing he forgot was the question. Instead he told me a long story without a discernible point, flourished the ring, and informed me we were engaged. Apparently the theory was, 'tell, don't ask – it's safer'.

Once I worked out what he meant, we both jumped up and down and have been wildly excited ever since. Having been Marcel's girlfriend for nearly seven years, I wasn't expecting him to make a move quite so soon. In characteristic speedy style, we have set a rough date 18 months away, which should give us just enough time to organise both engagement party and wedding.

Our first job was to work out a suitable spot for the wedding. Megg, Marcel and I had a good hard look at the garden at our weekender, took in the time frame and what needed to be done, and headed straight off to Megg's place. We spent an enjoyable day wandering around her garden, pointing out potential drink stations, dancing areas, photo opportunities, and possible spots for marquees. It was all very satisfactory and Megg seemed happy to have the do at her place. 'This will get me going in the garden,' she said. Little did she know. Obviously I want everything to look perfect, so have given her a watering and planting schedule, and I've noticed she does need a little reminding now and then. Still, I'm onto it. She doesn't seem quite so sunny as before, in fact I've noticed her pulling on her hair and

muttering at me, usually a bad sign in the office, but I know she appreciates the way I'm getting her organised and keeping her at it. And with a little ongoing tidying, weeding, rearranging and some handyman work, her place will look terrific for the wedding.

It's well known you can usually find a chook or two in the *Grass Roots* office. Lately, Megg has caused us all to go completely clucky by bringing little orphan goslings to work every day. Everyone has been entranced by their antics and I was just getting to the stage where I was mentally converting the future frog pond into a full dam for geese, when I had babies of my own. We arrived at the country last week to find one of next door's hens has hatched chickens in a cardboard box in the shed. Motherhood without responsibilities is quite delightful. The baby Jap bantams are very sweet, so tiny compared to Megg's hearty heavy breeds of fowl. Last year's Mrs Flowerpot chook is also going for round two, eschewing the stylish terracotta to nest on top of a precarious stack of black plastic pots perched on an old work table. I'm looking forward to some little flowerpot chicks, but

shudder to think how newly hatched bubs will get down from the pots and the table. I might just have to take time out from the more strenuous jobs to give them a helping hand, and a little cuddle, of course.

On a sadder note, I've also found two mysterious bodies, a dead young rooster and a beheaded half-grown chick. I'm not sure what to make of them, surely a fox would have eaten the bodies? The neighbour's cat, Ginger, has grown up with the Japs, so I'm loath to blame him, but really have no explanation for their untimely deaths. I've been keeping a careful eye on the new chickens.

With the advent of the sunny weather, Marcel and I have been filled with renewed enthusiasm (it flagged somewhat over winter) and have been spending half of each week in the country. Now, he's even suggesting I give up my Saturday nights with Mel and Clare to 'make progress' on the renovations. Steady! Half the trouble is that we spend so much time watering when we get there: why, oh, why, did I want a cottage garden? I've mulched like crazy, but pragmatism has set in, and I am slowly converting to more



Suni and Marcie have plenty to celebrate – and this is just the start.

water-tolerant plants. The vegies just have to be watered though, and I've noticed my brand new parsley is going to seed already, blast it. Our orchard, started last winter and now complete, has been going well. The year-old apple trees have lots of apples, and one of the newly planted pears grew one tiny perfect pear. Marcel and I wrangled for days about who would get to eat it; finally, when we were about to come to blows, I had another look and realised someone else had got in first. If I find that bird! Marcel has since borrowed wine cask inners to hang on the trees to keep the birds away. It should look very festive, just in time for Chrissy, he tells me.

We have a few leaks in the gutters, as old houses do, and the shed isn't attached to a tank at all. Consequently, Marcel has set up an ingenious system of 200-litre drums and old tin buckets at every corner of the house and shed so none of the water is wasted, and he is very serious about making sure it is all used. In fact, I woke up at 2am the other morning at hearing the almost forgotten sound of rain and found Marcel was missing. He came back in about half an hour later, soaking wet and very pleased with himself, and told me he'd just emptied all the buckets by watering the garden, so now we'd get them filled twice!

Our goal this year has been to paint inside the house, and we've bought the paint and associated goodies. Marcel wanted to choose the colours based on whether he liked the name or not – wine names were good – but sanity prevailed and we ended up with riesling and antique white. Since then,

we've done everything possible to avoid having to do those uninspiring prepainting jobs like washing walls, filling gaps and sanding. In fact, I can't see paint being applied before the wedding. Such concerted procrastination has meant we've ripped up the lino and pulled out countless staples, cleaned up the yard, kept up with the mowing and started digging that frog pond, an unprecedented burst of productivity. Avoiding painting is actually working out quite well for us.

With the longer stays of late, we've been taking our black puss, Pablo, to the country with us. At first he hid under the bed and wouldn't come out, nor would he go to the toilet, both quite worrying. Now the place smells more familiar to him he's become quite the country cat, and when we've finished our jobs we tie some twine to his collar and take him for meandering walks around the garden. With reviving beer in one hand and cat on leash in the other, I sometimes wonder what sort of crazy people the neighbours think we are, but cat and birds are safe at least. When we popped back to the city quickly for a party, I got Megg to drop in on her grandson, and I think they really bonded. Pablo had been a little sceptical of her at first, because she kept making disturbing 'mouse' noises at him. This would have him wide-eyed and so jumpy he was just about biting his own tail, while Megg would be convulsed with laughter at his antics and gullibility. After spending some time alone with her, he has come to accept she is a rodent, and merely twitches an ear and purrs at her squeaks. He's yet to catch a mouse;

obviously he's totally confused about what they are and what he should do with them.

All in all, with chooks, chicks, cat, mother and fiancé, we are a very happy little menagerie right now. As for the painting, plenty of time yet . . .

## — PENPALS —

My name is Jack. I am ten years old and I live on a small farm. I like writing letters, reading books and stamp collecting. I would like to write to anyone ten years and over.

**Jack (GR 154),**  
**C/- PO Box 117, SEYMOUR 3661.**

Hi, I am a 45-year-old woman, single, and would like contact with others of like mind – interests include farming, horticulture, revegetation, animals, bushwalking, self-sufficiency.

**Christel Ricke,**  
**4 Panel St, MITCHAM 3132.**

Forties male interested in conservation, alternative living, all things earthy, New Age and spiritual. I'm single and seek like-minded penpals. Talk anything. Setting up to explore Australia.

**John Dowling,**  
**PO Box 183, WARBURTON 3799.**

Penpals are accepted at the discretion of the publishers, preference being given to readers actively engaged in self-sufficiency activities, or their children. This is not a match-making column.

### The Permaculture Research Institute [www.permaculture.org.au](http://www.permaculture.org.au)

PRI is a non-profit corporation involved in local and global networking. We offer solutions through education to local and global ecological problems.

#### AVAILABLE COURSES

PRI operates Permaculture Design Certificate courses, on-ground training camps and Strawbale housing courses. For more details view our website or contact us directly:

email: [pri@permaculture.org.au](mailto:pri@permaculture.org.au)  
Ph: 02-6688-6222 Fax: 02-6688-6499  
C/O PO Box, The Channon, NSW, Australia 2480  
1158 Pinchins Rd The Channon

## Distance Education

### OVER 300 COURSES INCLUDING:

Self Sufficiency, Permaculture, Herbs, Alternative Energy, Ecotourism, Ecology, Environmental Management, Agriculture, Aromatherapy, Healthy Buildings, Vegetable Growing, Fruit Growing, Poultry, Pet Care, Freelance Writing, Computers, Psychology, Recreation and more . . .

### FREE HANDBOOK AVAILABLE

### Internationally recognised by IARC

Ph: 07-5530-4855 – Web: [www.acs.edu.au](http://www.acs.edu.au)  
Email: [admin@acs.edu.au](mailto:admin@acs.edu.au)



**Australian Correspondence Schools (est. 1979)**  
PO Box 2092, Nerang MDC, QLD, 4211



# GRASSIFIEDS

## HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, **not in block capitals**, including correct punctuation. If you have more than one ad please print each one on a separate page. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 85 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send **with payment** to Grass Roots, PO Box 117, Seymour 3661, before the deadline and we'll include your advertisement in the next issue of Grass Roots. **Deadline for GR155 is 20th December, 2002.** Please do not fax ads.

Sender's Name ..... For issues no/s .....  
 Address ..... Classification .....  
 ..... Postcode ..... Cost .....

**Cost for advertisements is 85c per word**

## PROPERTY FOR SALE

### NEW SOUTH WALES

**NORTHERN RIVERS – BONALBO**, 78 km west of Casino, ¼ ac town block, + 3 b/r kit home (ready to build to lock-up stage). Water & sewerage to block. Kit home could be sold separately. Quiet rural town – hospital, school, etc. Plenty of bush & bird life. \$45,000 ONO. Ph: 02-6665-1449.

**LISMORE AREA**, well situated for Border Ranges Nat Pk, Gold Coast, Byron Bay, Ballina, in Billen Cliffs Community. Spacious hillside family home, secluded, 1 ha, plentiful r/water storage, septic, extensive covered verandahs, great view, school bus, 3 b/rs, lounge, well-appointed kitchen, bathroom, gas refrigerator & stove, gas-boosted solar hot water, wood heater, ph, c/port, shed, concrete driveway, Strata title. \$99,000. Owner email: porritt@nrg.com.au, ph: 02-6629-5362; fax: 02-6629-5492.

**THREE-ACRE PROPERTY** in the beautiful Thora Valley near Bellingen, 120 mixed fruit & nut trees, goat shed, fenced paddock, chook-house. Huge house has been turned into 2 self-cont houses, one X 4 the other X 3 b/r. Unique opportunity for 2 families to share a self-suff lifestyle. May suit extended family or rent out one side, live in the other. Current rental for one side is \$150 p/w. Close to preschool, Steiner & public schools. \$259,000. Ph: 02-6655-8525.

**AFFORDABLE NIMBIN DREAM**: Start with a 3 b/r home, kitchen, lounge/dining, bathroom, separate toilet & shower, laundry, air conditioning & ceiling fans. You move to the 2 sheds, approximately 210 sq m, a vacant block of approx 1000 sq m & you look out at the majestic view. There are 3 land titles & you start dreaming. I could set up my artist studio, build another house on the spare block, establish a small business, have a giant vegetable garden. I could look at the view all day and keep on dreaming. Zoned village & walking distance to shops. \$220,000. Ph: 02-6689-1252.

**BEAUTIFUL LOWER TOORUMBEE**, 50 km west of Kempsey on mid north coast, ¼ share of 200 ac with own title. National park at rear, perm crk frontage with fabulous swimming holes. Potential for organic certification. Small estab orchard with chook shed. Includes great open plan A-frame 2 – 3 b/r house with solar water, modern kitchen & bathroom, stone fireplace, slate floors. Double garage with unreg FJ-45 ute. Phone & power connected. Currently let. Very urgent sale. \$130,000. All offers considered. Ph: Marianne, 02-6567-1333 for details.

**PRIVATE PARADISE**, 6.57 ha, nth NSW, Mt Warning area. Two crks, palms, hardwoods, NE aspect, at Border Ranges Nat Pk, in well-estab multiple occupancy under company title. \$88,000. Ph: Jo, 02-6679-3445.

**WEST OF PAMBULA**, house 3 ac. Website: [www.privatesale.com.au/01616](http://www.privatesale.com.au/01616)

**TUMBARUMBA**, 196 ac, lge 3 b/r cottage with substantial shedding in good condition. Very rich country. Three water licenses. Absolutely no drought here with substantial spring-fed dams and bores on site. Approximately 150 ac grazing with remaining natural gums. Perpetual lease. \$180,000 ONO. Ph: 02-4680-9991.

**TENTERFIELD AREA, MAJESTIC CLIFFS** frame this tranquil bush getaway. River frontage, pristine waterfalls, numerous building sites all with spectacular views. An abundance of native fauna & flora. Provides the ideal lifestyle. \$60,000. Ph: agent, 02-6736-1136 (others avail).

**SOUTH-EAST NSW, NEAR BOMBALA**, 168 ac, river frontage with flats running up to a natural balance of timber & open areas. Secluded & beautiful, sheltered aspect. One hr town, 2 hrs coast & snow. \$20,000 ONO. Ph: 02-9358-6559.

**TENTERFIELD**, 711 ac (288 ha) mountainous bush block, majestic views, river, 20 km from town. \$80,000. Ph: Alford & Duff First National, 02-6736-3377.

**FAR SOUTH COAST**, ½ share of 120 ac bush block with 3 big clearings. Has livable shed next to beautiful running crk & fenced orchard. Pambula beach 45 mins, 30 mins to Bombala. Has phone on. \$32,000. Ph: Steve, 03-5476-2238.

**MID NORTH COAST**, 35 km from Kempsey, 48.5 ha block with crk frontage. \$65,000. Ph: Ian, 0411-986-151.

# GRASSIFIEDS

## PROPERTY FOR SALE

### NEW SOUTH WALES

**SIX ACRES** 15 mins from Armidale, NSW, partly cleared, 2 mins to shop & preschool. \$42,000 ONO. Ph: 02-6772-8308.

**NEAR PORT MACQUARIE** 300 ac, 3 b/r house set in garden of ferns & Aust r/forest trees, estab fruit & vegie garden, 2 1/4 km perm crk, excel swimming hole, 120 ac agricultural land, 180 ac magnif r/forest & old-growth eucalypt woodland, diverse wildlife. \$380,000. Ph: 02-6587-6024.

**NAMBUCCA**, 453 ac r/forest/bush, development approval for dwelling. Two valleys, crks, huts, ph. \$185,000. Part exchange motorhome. Ph: 02-6655-8508.

**ESCAPE!** 40 km inland from Eden, streams, trees, wildlife, good soil, seclusion. Two bush blocks, 120 ac on crk & 220 ac on river opposite nat pk. Valued at \$96,000 & \$145,000, but will accept \$78,000 & \$110,000. Ph: 02-4784-1020 for details.

**BOWRAVILLE, NAMBUCCA VALLEY:** 23 km to town, 1/2 share 300 ac, surrounded by Dungirr Nat Pk. Beautiful 1/4 finished house, sheds, bungalow, sml dam, estab orchard, pristine r/forest, crk, ph, share tractor. \$145,000. Ph: Trevor, 02-6655-1951.

### QUEENSLAND

**VALLEY VIEWS**, 150 ac hillside grazing, fenced, dam, fantastic views & r/forest. Open plan brick cottage, timber ceilings, lge kitchen & 11 x 4 m verandah. Landscaped gardens, bitumen driveway, tractor with 6 ft slash. Eight mins to Mirani, 25 mins to Mackay. \$225,000. Ph: 07-4959-1217.

**MT MEE**, 154 f/hold ac, bellbirds, r/forest, 3 b/r home, power/ph, lge dam, farm shed. Your own little Swiss Alps. Views. Suit furniture timber, ecolodges or wind generators. Formerly banana & pawpaw farm. Adjoins state forest, 1 hr Sunshine Coast or Brisbane. \$379,000. Ph: 07-5499-0025.

**WEST OF GIN GIN**, 27 ac vacant land, power & ph past front of block. Seasonal crk – next door growing bush tucker. \$30,000 ONO. Ph: Bevin, 07-4985-8173 evenings.

**TARA, SOUTH-EAST QLD**, two properties, both quiet, private, negotiable. Two b/r home, 30 ac, tanks, dam, septic, wood stove, solar/generator power. \$45,000. Adjoining 30 ac, 3 b/rs, office, tanks, dams, bore, lge living areas, gas HWS, stove, wood stove, air conditioner, solar power, ph, garage. \$95,000. Ph: owners, 07-4665-3669.

#### CHANGE OF ADDRESS

Please notify us of any change of contact details so we can redirect enquires.  
Call us on 03-5792-4000. 🌿

**DEADLINES: GR155 – DECEMBER 20  
GR156 – FEBRUARY 25**

**NATURAL BUSHLAND**, 130 ac + 8 ac for organic cultivation. Apple & grape country SE Qld. Running crk, gemstones, spacious granite cabin, stunning views. \$128,000. Contact owner: 0405-161-366.

Email: gemstones88@yahoo.com.au

**GECKO HOUSE, DAINTREE**, nth Qld, 3 ac, 200 m from Cow Bay beach. Top of hill bordering World Heritage nat pk, virgin r/forest. Unique wooden 3 level chalet with separate bath house, 12 volt & gas, worm toilet (240V generator back-up). Gravity-fed r/water. Living in harmony with the r/forest. \$285,000. Ph: 07-3425-1486. Photos on website: realestateguide.com.au

**COOL CAIRNS HINTERLAND** living, 710 m above sea level in the small, safe rural township of Millaa Millaa. Best of both worlds: r/forest to reef on the tropical Mission Beach coastline. One hr to Innisfail. Very lge, light filled, well loved renovated Queenslander, circa 1942. Features incl: huge double-bay rollerdoor garage/workshop, modern kitchen & bathrooms, oak floorboards, 3 double b/rs & more. Custom made cedar venetians, breezy verandahs. Beautiful organic gardens (1012 m²). \$135,000 ONO. Ph: 07-4097-2465.

**FAR NORTH COAST**, Cawongla village, foothills of Border Ranges, 3 b/r timber workers' cottage. \$68,000. Ph: 07-3324-1821. Mobile: 0438-795-924.

**KOOKABURRA PARK ECO-VILLAGE**, Bundaberg Region, 2674 sq m building block, 150 ha private parkland. Tall timber, extra quiet, sealed rd, underground power, ph, yard water. This is a unique estate. No dogs & cats, wildlife abundant. \$29,990. Ph: Barry, 07-4157-2850/ North Bundaberg Real Estate: 07-4153-1303.

**BAFFLE CREEK**, 90 km NE of Bundaberg. Back to basics bush retreat lifestyle. Saltwater crk frontage (30 ac). Unique stone cottage overlooking r/forest setting. Combined kitchen/dining & living areas. Power, ph, two lge dams. Exotic fruit orchard + Lady Finger bananas under irrigation. Plus cow paddock (50 ac) across rd with yards, dam, fully fenced. \$175,000. Ph: owner, 07-4156-6109; after mid-December: 07-5444-3776. For photos email: donnaedman@bigpond.com.au

**ATHERTON TABLELANDS**, FNQ, secluded 200 ac, mostly r/forest at altitude, crk, spring, house, power, ph, wildlife, 2 sheds. \$265,000. Ph: 07-4097-6074.

**COOKTOWN – FAR NORTH QLD:** On the beautiful Endeavour River, with your own sandy beach. Four b/r open plan timber & sandstone home with fenced saltwater pool. Lagoons, pasture & r/forest on fenced 66.5 ac. Ideal retreat. 15 mins to picturesque Cooktown, gateway to the Gt Barrier Reef. \$395,000. Rainforest Real Estate. Ph: 07-4069-5775.

**COOKTOWN, SECLUDED** 160 ac, crk frontage, huge dam/gravity feed, 6500 gal tank, A-frame house, ph, shed, 60 varieties f/trees. \$150,000. Ph: 0402-443-638.

**IN THE BEAUTIFUL ENDEAVOUR VALLEY:** Market garden producing table grapes, passion fruit & asparagus, all under trickle irrigation. Air-con van, work shed, coldroom, power, ph, machinery & equipment on 29 ac. Value at \$138,000. Rainforest Real Estate. Ph: 07-4069-5775.

**BUY HALF SHARE** in 16 ac, freshwater section of Endeavour River. Variety of f/trees grown from seed ready to bear delicious fully organic fruits. Handmade brick cottage, combustion stove, 240V power inverter \$125,000. Rainforest Real Estate. Ph: 07-4069-5775.

**BOONAH** – 160 ac in picturesque valley, 1 1/2 hrs from Brisbane & Gold Coast. Watered by Allan Crk (close to headwaters), perm water, holes, excel dam sites. Small set stockyards. Mostly cleared, undulating with good crk flats. Interesting sandstone outcrops. Not previously farmed. Boonah township 7 km. Nearest neighbour 2 km. Perfect for self-suff. \$160,000. Ph: 07-5545-3724 after 7pm.

**TWO SHARES IN ENVIRONMENT COMPANY** community, Brooweena Qld, estab 28 yrs, owning 1300 ac. Each share has licence for own 10 ac allotment. One has 2 storey brick & timber home – \$55,000. Ph: Dee, 07-4127-1442. The other log cabin home – \$49,500. Ph: 07-4129-9111. Both on solar power with dam & tank water. Both require finishing, but very livable, very affordable living.

**MOUNT TAMBORINE REGION**, 2.5 ac, fenced, 4 b/r Queenslander in elevated position on hill, great mtn views & breezes, verandahs, 2-car-port, granny flat & spacious workshop, lge secure chook shed, dam, f/trees, 5000 gal r/water tank, school bus, 40 mins to beaches & Brisbane. \$255,000. Ph: 07-5546-8026, or 0404-816-759.

**TARA**, 12 ha bushy block, some cleared, lge dam, school bus, 15 x 6 m steel house semi-finished with permit, double-deck bus sleeps 5, cabin, gas, fridge, stove, wood stove, generator, wind-generator, inverter, w/tanks, shed, ride-on mower, animals, many extras. Rates \$258 per year. \$45,000 ONO. Ph: 07-4665-3737.

**URBENVILLE**, 2 hrs Brisbane, 2 hrs Byron Bay, 21 ac, 10 ac eucalypt plantation, 2 b/r log cabin & 12 x 8 m workshop. \$130,000. Ph: 02-6665-3251. Photos & details see

<http://www.takaniniautomotive.co.nz/peter.html>.

**HALFWAY BETWEEN BUNDABERG & AGNES WATER**, 90 ac, 800 m frontage to Baffle Crk, 20 mL irrigation licence, 3 dams total over 100 mL, 20 ac cultivation, nectarine orchard, home orchard, 4 b/r house, shed as second dwelling, 20 x 40 shed, 40 x 40 hay shed, lge quantity millable timber, potential to develop further, retiring to travel. \$285,000 bare, \$310,000 WIWO. Ph: 07-4156-5146 AH, or 0412-475-348.

# GRASSIFIEDS

## PROPERTY FOR SALE

### VICTORIA

**MARYBOROUGH TWENTY MINUTES**, secluded 10 ac, 2 b/r house, 2 x 900 sq ft hot-houses, 2 cabins, power, ph, gas, new Solarhart hot water, 13,000 gal water tanks, bore, dam, crk, 4-bay shed, orchard, gardens, trees, peaceful. \$155,000. Ph: 07-4129-2031.

**TWO FOR THE PRICE OF ONE:** Two cottage-style homes on one property with 2 titles and water frontage. Would suit hobby farmers or B&B business. Ideally located in picturesque surroundings in Swifts Crk, halfway b/w the coast & snowfields of Mt Hotham. With an art studio, garage, 3-bay open shed & huge gazebo, set on nearly 4 ac of estab gardens. This is a unique property. \$165,000 ONO. Ph: 03-5159-4496, or for more details visit: [www.omeoregion.com.au/properties](http://www.omeoregion.com.au/properties).

**UNIQUE PRIVATE PARADISE** in NE Vic, 50 km SE of Wangaratta. Peace & seclusion with unpolluted air & water & beautiful views. Immaculate, undulating fully fenced property comprising 231 ac pasture, parkland, bush & forest (including income producing pines), stone cottage with all facilities, shedding & cattle yards. Trout in streams & small lake on property. Inspection a must. Offers invited. No agents please. To arrange inspection or obtain further info & photographs ph vendor's agent Keith Young, 03-5721-7530.

Email: [young\\_yasmin@hotmail.com](mailto:young_yasmin@hotmail.com)

**LAND AND MUDBRICK PACKAGE**, 3 ac & 1500 mudbricks. Outskirts of historic Clunes, town water & power. \$35,000. Ph: 03-5472-5185.

**KYNETON/DRUMMOND**, 10 ac, 1/2 bush 1/2 cleared, 15 mins from Kyneton, 3 b/r modern home. Large living, kitchen, dining room, huge rooms, solar power, north-facing, front & back verandahs, lovely quiet setting. Five mins to Malmesbury & Calder Hwy. Shedding & original miner's hut partly restored. All the hard work done. \$215,000 ONO. Ph: 03-5964-6241, or 03-5476-2336.

**DARGO, STUNNING** 82-ac paradise, fully independent, ecologically friendly homestead. State of the art, lge, solar power system: solar hot water, passive solar design quality home, combustion cooking/heating. Large barn with loft, estab grounds, magnif mtn views & abundant wildlife. \$398,000. View owner website: <http://www.users.bigpond.com/emeraldridge> Ph: owner, 03-5140-1227.

### TASMANIA

**GOLCONDA, COMFORTABLE HOME** on 3 ac, solar power, outbuildings, glasshouse. Excellent land, fully fenced, lovely garden, mature trees, private setting. Water from tanks & perm crk. Launceston 40 mins, 20 mins Lilydale, Scottsdale, Bridport. \$84,000. Ph: 03-6395-6234 evenings.

### PLACING AN AD?

See page 76 for details

**NORTH-WEST TASMANIA**, 15 km from Smithton, 30 km from Stanley. Log cabin, 10 ac, 1/3 paddock, 1/3 house & garden, 1/3 bush. Permanent class 'A' crk. Four b/rs + study, wide verandahs, s/c/stove, o/f/place, wood heater & off-peak floor heating. Huge fully enclosed vegie garden. Ten mins walk to primary school, 5 mins walk to shop. High school bus stops at driveway. Total privacy. \$150,000. Ph: 03-6456-4199.

**CYGNET, TWO-BEDROOM MUDBRICK** cottage (easy to extend) on 18 ac; crk bndry, close to vibrant township. Dam & wildlife; mostly pasture, bush surrounding. Mudbrick shed, outside composting toilet, ph & hydro, good access, good neighbours. \$94,000. Ph: 03-6397-3461. Website: [richard.platform.net.au](http://richard.platform.net.au)

**WILDERNESS LIVING - PANORAMIC VIEWS**, undammed river frontage just 45 mins inland from NW coast, Ulverstone, 60 ac. Two storey home on slab. Select timbers & double brick, 3 b/rs, rumpus, sunroom, office, lge kitchen/breakfast, dining, lounge. Combustion stove - central heated water system. Abundant gravity-fed spring water, power. Five ac grazing pasture, 5 ac rough pasture. Cattle yard, barn, 3 sheds. Maximum wildlife, trout fishing, rafting, caving, bushwalking, horseriding. Pure privacy. Two separate titles - total \$200,000 ONO. Ph: owners Pete & Trude, 03-5678-5471.

**WYNYARD:** A home with character, surrounded by a beautiful native garden on 1.25 ac. This 3 b/r home has a lge lounge with timber features, kitchen-dining with leadlight, Greek tiles & slate floors, attractive bathroom, charming lge gardens, rural views from patio, garage w/shop, woodshed. Only 15 mins to airport & Wynyard & only another 10 mins further on a scenic sea-side drive to the city of Burnie. Price: \$95,000. Details ph: 03-6445-4334 after 6pm.

### SOUTH AUSTRALIA

**GLENDAMBO, SA**, 3 b/r solar house, w/board, garage, shed, AC, Coonara heating, 2 r/water tanks, underground sprinkler system. Location Glendambo: on the Stuart Hwy between Port Augusta & Coober Pedy. \$14,000 ONO. Ph: 03-5971-3323, mob: 0418-540-428, fax: 03-5971-1064. Email: [deanute@lexicon.net](mailto:deanute@lexicon.net)

**FOR SALE, WEST COAST SA**, 3 b/r PVC clad home, 3 garages, 1/4 ac block. Good quality ground water from windmill, 28,000 lt r/water storage. Established gardens, lge shadehouse, new 2.2 kW solar power system, gas hot water. Cool summers, warm winters, 50 m from jetty. The best rock, beach & boat fishing. Ph: 08-8625-6101.

**ELLISTON:** Orchard, part renovated house with sheds, 80 trees, mixed fruit, nuts, excel soil, bore water to orchard. Some plant, incl

near-new pump, slasher, rotary hoe. POA. Ph: 08-8626-1184 AH.

**BEACHPORT**, 2-storey family stone home on 5 1/4 ac, 8000 gal r/water, bore & pump. Established fruit & native trees, lge shed with pit. Two km from town, 5 mins walk from beautiful Rivilj Bay - surfing, fishing, swimming. Views of town, Lake George & Woakwine Range. Walk to school bus. \$245,000. Ph: 08-8735-8403.

### WESTERN AUSTRALIA

**WALPOLE**, 5.58 ac, Special Rural, Land for Wildlife. Estate surrounded by nat pk, northerly aspect, natural forest setting, sealed rd, 4 km from Walpole. \$99,000. Ph: Walpole Real Estate 08-9840-1231, or: [www.walpolerealestate.com.au](http://www.walpolerealestate.com.au)

**BRUNSWICK JUNCTION**, 1 ac property backing on the Brunswick River, lge home, 4 b/r, 2 bathroom, huge workshop. Enquiries: Teresa Catalano, 0419-044-448.

**GIDGEGANNUP, 'KERVELLA'S FARM':** Certified 'Demeter' biodynamic, this most attractive property has undulating pastures with sweeping views across the Chittering Valley. Large architect-designed home with 5 b/rs. Numerous paddocks & 2 dams. Ph: Alex Lamont (agent), 0407-994-225, office, 08-9274-5033. Website: [www.terrygiles.com.au](http://www.terrygiles.com.au)

## FOR RENT/CARETAKER WANTED

**SEEKING VEGETARIAN**, n/s, n/d for caretaker position. Some horticultural knowledge would be an advantage. Rent negotiable. Further info please ph: 03-5968-1982, or mail application to: PO Box 422, GEMBROOK, Vic 3783.

**CARETAKER POSITION: MOORA MOORA** Co-operative is an intentional community 1 1/2 hr drive NE of Melbourne. Are you interested in community living? Have you knowledge or interest in alternative energy systems? Can you get along with people? We have many diverse visitors, international WWOOFs & groups staying at the lodge. We need a lodge caretaker, 8 hrs work per week & attendance at our monthly workdays in exchange for a sml 2 b/r flat. Ph: Michelle, 03-5962-1094. Write: C/- PO Box 214, HEALESVILLE 3777.

Email: [dalemail1@yahoo.com](mailto:dalemail1@yahoo.com)

**WANTED, CARETAKER** for rural house in north Queensland, from Nov for 6 months. Contact Ken Ellis, Mount Lewis Rd, JULATTEN 4871. Ph: 07-4094-1037.

Email: [fkenellis@hotmail.com](mailto:fkenellis@hotmail.com)

### NO ENDORSEMENT

Grassifieds are accepted in good faith, however, Grass Roots Publishing P/L does not necessarily endorse products and services advertised herein. ☘

# GRASSIFIEDS

## FOR RENT/CARETAKER WANTED

**HOUSE, TWENTY ACRES FOR RENT/PARTNERSHIP.** South-west Victoria, 20 km nith of Portland. Has been chemical free for 25 years, very fertile. Three b/r, 2 lounges. I currently live overseas & am looking for people who have a genuine concern for the soil & environment & want to use the land organically/biodynamically: eg vegetables, fruit, chickens etc. I would meet the costs of improvements. Write, giving background, interests, etc. Rent is negotiable depending on degree of partnership. I will be visiting Australia Jan/Feb '03. Kevin Cotter, Grangemockler Camphill, Carrick-on-Suir, Co. TIPPERARY, IRELAND. Phone in Aust (Jan/Feb '03): 03-9700-1652. Email: kmaco@hotmail.com

**SHARE ACCOMMODATION,** \$50 p/w plus shared costs, or in exchange for work, own car required, 50 ac property, 25 km to Cowra backing nat pk, crk waterfall, fully furnished, org vegie patch, great place. Ph: 02-6342-9395. 'Yarramolong' 1579, Barryrenie Rd, COWRA 2794.

**GREAT OPPORTUNITY TO LIVE RENT FREE** in a magic spot for one year minimum, with future management & income opportunities, for someone fun loving & practical who takes an active interest in the performing arts & alternative lifestyle, can maintain organic gardens & truly care for a space. Situated in northern NSW, The Breakaway, under construction with earth friendly materials, is a performing artist's residential retreat and workspace with a professional sprung-floor dance studio. It enjoys abundant native wildlife & peaceful views across a spectacular foothills setting. The Breakaway is a share in Billen Cliffs, an estab strata titled community. Donny is involved in event management. He is also a builder of environment friendly housing, dance studios, theatre stages & sets for festive events. He is away from home often enough working or playing in other places. Contact: 0428-337-153.

**HOUSESITTER REQUIRED** Mar/Apr/May/June 2003. Neat cottage, estab gardens, etc. 20 mins to town, very peaceful & quiet. Dubbo area. Write: 'Armami', PO Box 2110, DUBBO 2830.

**SAFEHAVEN,** people helping others, self-suff farm. Furnished cottage for family or single shared accom for 5 hrs help per week. Write: Safehaven, PO Box 95, BALLANDEAN, Qld 4382.

**TASMANIA,** on 64 ac, 20 km from Deloraine, hydro 12V power. Combustion stove for cooking & heating. \$80 week. Ph: Garry, 0409-624-349, or 03-6369-5140.

**COMFORTABLE THREE-BEDROOM MUD-DIE,** 12V, lovely setting on school route. Fifty mins south of Bega. Need reliable community-minded, referenced tenant. No cats. \$85 week. Ph: Bill, 02-6494-2205.

DEADLINES: GR155 – DECEMBER 20  
GR156 – FEBRUARY 25

**LAND FOR WILDLIFE PROPERTY,** designed on permaculture/organic principals, with a 2 b/r house. Caretaker required, minimum 12 months, starting approx March 2003. Rent negotiable, maintenance required for f/trees & garden. Situated at Lal Lal, 20 mins Melbourne side of Ballarat. For more info ph: 03-5341-7754.

## COMMUNITIES/SHARES

**MID NORTH COAST,** one full share (\$6550) in Beranghi Arts Permaculture Community, a 1635-ac property near Crescent Head & 19 km east of Kempsey. Ph: 02-6564-7818.

**'WICCAWOOD',** Mountain Top Rd, Georgica (between Lismore & Nimbin), 3 shares for sale in 5-share company title on 150 ac in Jiggi Valley (the organic valley), 1 hr Byron Bay, 2 1/2 hrs Brisbane. Certified 'A' Organic. Five ac share incl: house site, estab eucalypt & hoop pine woodlots, ample growing area. Common ownership of remaining 125 ac of forest, r/forest plantings, crks & open paddocks. Common ownership of tractor, farm equipment & services. \$54,000. Ph: Kenrick, 02-6688-8163. Email: kenrick.riley@lis.net.au

**LAND SHARING CO-OPERATIVE** 40 km NW of Taree, NSW, 4 – 6 shares for sale in 10 – 12 member estab co-operative, 1259 ac adjoining state forest. Springs, perm water, power, ph, swimming holes, 700 m mtn peak, steep, forested r/forest pockets, secluded valley, 30 mins to town. \$18,000 for unimproved sites, \$24,000 for improved sites. Ph: 02-6550-7229, or 02-6550-7324. Email: peakex@tpg.com.au Website: <http://mo.ontheinternet.com.au>

## PROPERTY WANTED

**SMALL HOUSE ON SMALL PRIVATE BLOCK** with water. Warragul/Moe region. Cash to \$65,000. Will, 2/5 Belvidere Ave, BLACK-HEATH, NSW 2785.

**WANTED 40 – 100 ACRES,** perm crk, with or without dwelling, 300 km radius of Newcastle, NSW. \$80,000 to spend, or \$40,000 up front & rest as rent-to-buy. Ph: 02-4966-3230, 0407-218-974.

## FOR SALE

**'GRASS ROOTS'** 24 – 131 (28, 66, 67, 128, 129, 130 missing). \$400 incl postage. Ph: 03-5392-2696.

### CHANGE OF ADDRESS

Please notify us of any change of contact details so we can redirect enquires. Call us on 03-5792-4000. ☘

**'GRASS ROOTS'** magazines, issues 1 – 116. \$450 incl postage. Ph: 03-5480-7979.

**24V DC FRIDGE,** 250 lt Westinghouse with Indel Compressor. Very low power consumption, 4 yrs old VGC. \$850 ONO. Ph: 07-4697-5247, mobile 0412-832-488 (near Toowoomba Qld).

**MICE TRAPS,** Row-ee multi-catch \$20, \$5 postage covers one or more. Harry Rowe, 79 Reddall St, LAKE ILLAWARRA 2528. Ph: 02-4296-1129.

## OPPORTUNITIES

**REAL VIPASANNA MEDITATION RETREAT,** 6 – 16 Jan. Buddhist Master wishes to make documentary for SBS TV. 'Meditation the Holy Path'. No actors need apply. Ph: 03-5728-6610 7 – 9pm.

## WANTED TO RENT/CARE-TAKE

**WANTED TO RENT** bush block or small area on property, suit c/van living. Totally self-suff, 45 yr old single male, prefer Upper Yarra Vic. Consider other areas. Ph: John, 0425-701-153.

**HONEST COUPLE,** four young children, seek perm rental out of town near Armidale, from Jan/Feb. References from properties avail. Consider quiet area in town. Ph: 02-4946-0275.

**TOURIST PARK MANAGERS** seek housesitting/property caretaking, Qld. Available from late 2002. References avail. Ph: 0438-866-212, fax: 08-9309-5115.

## PUBLICATIONS

**COAL CREEK HERTIAGE VILLAGE** 2003 Calendars, produced by Friends of Coal Creek Inc. Available direct from the Village, PO Box 193, KORUMBURRA 3950 or ph: 03-5655-1811. \$10 each.

**'GRASS ROOTS' MAGAZINES,** whole collection (minus 7, 11, 14, 16, 17). Won't separate. Best offer over \$400 + postage. Ph: 08-9853-2425.

**'THE CHEMICAL MAZE'** 2nd edition is now avail. Subtitled *Your Guide to Food Additives and Cosmetic Ingredients*, this 184 page shopping guide is a must for those committed to living a healthy life. This edition also contains info on genetic engineering, hidden additives, tips on doing your own research & much more. To obtain your copy visit your local health food store or bookshop, or ph: 0402-234-954. RRP\$12.95 - (\$14.50 inc p&p). Visit us at [www.thechemicalmaze.com](http://www.thechemicalmaze.com) ISBN 0957853521.

Cost of Grassified ads does not include any extra formatting: extra bold text, indents, spaces, stars or other symbols. If you require an ad with formatting please enquire about our display advertising rates. Call Sue on 03-5792-4000. ☘

# GRASSIFIEDS

## PUBLICATIONS

**'EARTH GARDEN' MAGAZINES**, 1 – 13. Best offer. Ph: 08-9853-2425.

**AUSTRALIAN FARM SERIES FOR CHILDREN**. Educational books for young chn. Suit home-schoolers, farm kids, city kids introduction to farm life. Full-colour photos, simple text. Topics incl: *Dairy Cows, Lambing Time, Shearing Time, Wheat* & more. RRP \$9.95 or \$99 for set of 12, \$6 postage. For details ph: 03-5499-8269.

**CARLA EMERY'S ENCYCLOPEDIA OF COUNTRY LIVING** – over 800 pages (p/b); a homesteader's bible to answer questions & increase your self-suff knowledge. Warmly written, a good read & valued reference book. Introductory price \$45 + p&p. Susan Lendon, PO Box 861, MORWELL 3840. Ph: 03-5167-1626. Email: yarragonbookshop@i-o.net.au

**ORGANIC GARDENING BOOKS: *Earth Friendly, Organic Veggie Gardening***. Jade Woodhouse's Wholearth Gardening Method, the way we should garden for the future of the earth. \$25, p&p \$5. *Organic Healthy Happy Chooks: Natural Backyard Chook Keeping* – everything you need to know. \$20, p&p \$5. Ph: Jade Woodhouse, 07-5445-9034. Email: info@simplynaturalorganic.com Order form & more info visit our website: [www.simplynaturalorganic.com](http://www.simplynaturalorganic.com)

**SACRED PLACES** – A book on the 12 Sacred Places of *Terra Australia del Spirito Santo*, from Kosciusko to Kakadu, from Port Arthur to Port Jackson. Send \$14 (chq, M/O, Visa/Mastercard) to Golden Beetle Books, Box 329, BLACKHEATH 2785.

**SUPPRESSED & UNUSUAL TECHNOLOGIES CATALOGUE**: Free energy devices, anti-gravity, hydrogen fuel, magnetic motors, alternate fuels & engines, high mileage, 200+ topics. Send 6 x Aust 45c stamps to: Lostech Archive, PO Box 456-R, TOLGA, Qld 4882, Australia.

**GARDEN BY THE MOON**, 2003 diary showing lunar phases & moon's zodiac position, out now. Gardeners will find this diary invaluable as a guide to the timing of sowing, weeding, harvesting & other gardening activities. Great gift. Grand value at \$11 incl p&p. Send order with payment to: Box 12, RANGIORA 8243, NZ. Credit card at secure site: [www.organicmarket.co.nz](http://www.organicmarket.co.nz)

**'NIMBIN NEWS MAGAZINE'**, is a co-operatively run access magazine with articles & information from Nimbin and other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable & scarce information for our readers. Subscription: 6 issues for \$20, sample \$3.50. Back copies 5 for \$12 posted. PO Box 209, NIMBIN 2480.

## PLACING AN AD?

See page 76 for details

**'NATIVE STINGLESS BEES'** for profit or pleasure – how to get started, pollination/honey potential in Queensland. Detailed info booklets, packed with photographs, diagrams. For free catalogue, send name, address & 45c stamp to: ANBRC, Box 74-G4, NORTH RICHMOND 2754.

**HOME EDUCATION**, for info send SAE to: Alternative Education Resource Group, PO Box 461, DAYLESFORD 3460.

**BOOKS, NEW AND OLD**. Australiana, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

**'NEW VEGETARIAN & NATURAL HEALTH'**, the magazine of the Natural Health & Vegetarian Societies. Subscribe today, \$30 yearly and receive: 4 vital magazines, discounts at participating health food stores and natural therapies practitioners listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 02-4721-5068.

**'TAGASASTE, TREE LUCERNE**, High Production Fodder Crop.' We've just rediscovered some copies of this useful publication. Ideal fodder to supplement grazing & help bring stock through drought. Every landowner should know about this multi-use plant. Special price \$12 posted from: Grass Roots Publishing, PO Box 117, SEYMOUR 3661. Ph: 03-5792-4000. Be quick, limited stock.

## FOOD & KITCHEN

**JUICERS, FOOD DRIERS, WATER PURIFIERS**, ph: 03-9826-3883.

**QUALITY GRAINMILL AND JUICER PRODUCTS**, manual & electric, ph: 02-4751-2477. Web: [www.jucers.com](http://www.jucers.com)

**HOME STONE FLOUR MILLS** – mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Association. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome. Website: [www.retsel.com.au](http://www.retsel.com.au)

**STONE GROUND FLOUR** in-home, with a SCHNITZER German quality hand or electric stone mill, 6 models from \$178. SCHNITZER MILLS, 420 Freemantle Rd, Bathurst 2795. Ph: 02-6336-9100, [www.schnitzer.com.au](http://www.schnitzer.com.au)

## MISCELLANEOUS

**HEMP BED LINEN**, ph: 08-9826-3883.

**FEATHERS FOR ARTIST**: Ideally, colourful & clean from native birds. Either collected from cage floor or whole dead birds. Ph: 02-9557-1509.

**HOW TO MAKE MONEY** selling & making

chess pieces, bird baths, fine art, gnomes etc. Plaster and/or cement moulds. For methods & catalogue send \$14.95 to: Williams Imports, PO Box 989, SOUTHPORT 4215 (06/50 Railway St). Ph/fax: 07-5532-9050.

Website: [www.supermoulds.com.au](http://www.supermoulds.com.au)

**TEEPEES, VIKING TENTS**, medieval tents, swags, buckskin clothing. Seventeen years experience. BOJO PRODUCTS, PO Box 112, AVENEL 3664. Ph: 0412-368-034, 03-5796-2753 AH.

Email: [bojo\\_products@hotmail.com](mailto:bojo_products@hotmail.com)

Website: [www.frojel.com/members/bojo](http://www.frojel.com/members/bojo)

## HEALTH & BEAUTY

**HERBAL TEAS, ESSENTIAL & FRAGRANT OILS**: Top quality, best prices. Buy in bulk & save! FREE SAMPLE of peppermint tea with your first order. Write for brochure to: Garden Gate Herbs & Gifts, PO Box 67, WATERFORD, Qld 4132. Email: [reynoldsis@qldnet.com.au](mailto:reynoldsis@qldnet.com.au)

## COURSES

**GUIDED GARDEN TOURS, BOOKS, ORGANIC GARDENING**. One day & weekend courses. Held in an abundant living classroom. 'Simply Natural Organic Farm'; Eudlo, Sunshine Coast, Qld. Jade & Paul Woodhouse. Ph: 07-5445-9034.

Email: [info@simplynaturalorganic.com](mailto:info@simplynaturalorganic.com)

Website: [www.simplynaturalorganic.com](http://www.simplynaturalorganic.com)

**PERMACULTURE DESIGN COURSES** with Rick & Naomi Coleman, Southern Cross Permaculture Institute. Next course Easter: April 18 – May 3, 2003. Call Naomi: 03-5664-3301 for info or email: [scpi@tpg.com.au](mailto:scpi@tpg.com.au) website: [www.southerncrosspermaculture.com.au](http://www.southerncrosspermaculture.com.au)

**CORRESPONDENCE COURSES**: Aroma-therapy Dip, Vitamin-Nutrition Dip, herbs, animal therapies (the Green Vet), folk medicine, psychic healing, Celtic, wicca, psychic self-development. Free brochure, ph: 02-9319-6166, or write: PO Box 138, SURRY HILLS, NSW 2010.

Email: [chrysalis@powerup.com.au](mailto:chrysalis@powerup.com.au)

**STUDY PSYCHOLOGICAL ASTROLOGY** to practitioner level from home. Prospectus: Astral Connections, PO Box 62, ST GEORGES BASIN, 2540 NSW.

Website: [www.shoal.net.au/~astralc](http://www.shoal.net.au/~astralc)

## GARDEN & ORCHARD

**COMPANION PLANTING CHART**: over 90 vegetables, herbs and fruits, including plants as insect repellents. Sow When Chart: Suggested sowing times for 100 vegetables, herbs and flowers. Mail order \$7 each + \$3 p&p. Plum Products (G), PO Box 120, Wards Rd, TAMBO UPPER, 3885.

**BAMBOO PLANTS**, lge range, best prices. Ph: 07-4129-4470, fax: 07-4129-0130.

All ads on these pages are accepted at the discretion of the publishers



# GRASSIFIEDS

## GARDEN & ORCHARD

**RAINFOREST SEED COLLECTORS** national link-up. Buy and sell local seed. Our newsletter has lots to offer. Local seed grows better and doesn't pollute your gene pool. Quarterly newsletter subs \$20, concession \$10. Offer local seed – free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 02-6655-2233.

**GOURDS, SEEDS, BOOKS AVAILABLE NOW!** In our new catalogue. Send 4 stamps to: The Gourd Father, PO Box 298 GR, EAST MAITLAND 2323. SPECIAL OFFER! Book on growing & drying gourds plus 2 pkts seeds mixed, 1 sml & 1 lge, plus free catalogue, \$27.90 incl p&h & GST.

Website: [www.thegourdfather.com](http://www.thegourdfather.com)

## LIVESTOCK

**MINIATURE HORSES** – tiny mares and fillies, mostly by imported stallions. Stud reduction due to ill-health. \$1000 – \$1750 each incl free service to sml imported stallion if required. Other little pets also avail from \$350 as weanlings. Kind homes essential. Ph: 03-5463-2253.

**RARE BREED PIGLETS FOR SALE.** Large black are docile, friendly & excel for free range. They are complementary to permaculture & sustainable living. Our herd is possibly the most genetically diverse in Australia. Help us save the breed from extinction. Reread GR 141 p 13 for details of the Large Black. Ph: Sue or Don, 03-5768-2225.

## SERVICES OFFERED

**RONITA, INDIAN CLAIRVOYANT**, \$35 for 15 mins (credit cards). Ph: 03-5176-2521, or 1902-213-221 from 11am – 8pm. Online secure payments. Website: [www.ronitapsychic.com](http://www.ronitapsychic.com)

**HOME PLANS.** *The Earth Builders Plan Catalogue* (180 pages), includes: 92 plans for handcrafted buildings (83 homes & 9 workshops, cabins & carport) of mudbrick, rammed earth, stone, poleframe, timber, poured earth, strawbale, construction details; a working drawing of a small loft floor home (11 x A3 sheets) is included. Mail \$95 (post & pack incl) to John Barton – Building Design, 89 Camden Road, NEWTOWN, Vic 3220. Enquiries to 03-5222-5774 for fixed quote to draw & document your home plan. Cheques, Mastercard,

**DEADLINES: GR155 – DECEMBER 20  
GR156 – FEBRUARY 25**

Bankcard, Visa accepted. Free brochure available by snail mail. Website: [jbdesign.4w4.net](http://jbdesign.4w4.net)  
Email: [jbarton@pipeline.com.au](mailto:jbarton@pipeline.com.au)

## HOLIDAYS

**MORUYA – FAR SOUTH COAST NSW**, bush cabins, romantic 1 b/r & family 2 b/rs. Big open fires. Horses, dogs welcome by arrangement. \$350 pw, \$140 per w/end. Ph: 02-4474-2542.

**LAMINGTON GLEN RAINFOREST RETREAT**, secluded self-contained cabin, visit our award winning gardens, slab hut set in nature rainforest surrounding. Ph/fax: 07-5544-8166.

**FINCH HATTON GORGE**, Eungella Nat Pk Qld. Platypus bush camp, camping & tree huts, great walking area, the alternative holiday. Ph: 07-4958-3204. Website: [www.bushcamp.net](http://www.bushcamp.net)

## HANDCRAFTS

**STRANDED COTTON BUNDLES**, 100 x 8 m skeins, 50 colours – \$22 post free. Big bundles stranded cotton, 230 colours – \$50 post free. Weaving reeds, 8 – 15 dents. Send 45 c stamp for list. ARTY & CRAFTY, PO Box 40, DAW PARK, SA 5041. Ph: 08-8277-3763, fax: 08-8277-9402.

**BEADS BEADS BEADS** – unique selections of handmade glass, metal & wooden beads. Also findings, threads & kits avail. Catalogue is \$10 with samples. Please send payment to: Tsunami, PO Box 129, WALPOLE 6398.

## CLUBS

**NAMBUCCA – BELLINGEN VALLEY'S** nudist social group. Safety for members a priority. Beach days, freshwater crk day, BBQ, picnics. Newcomers welcome. Please write to: Greg, PO Box 531, NAMBUCCA HEADS, NSW 2448.  
**NATIONAL ALLERGY ASSOCIATION** of Australia (NAAA) and ECO-CHOICE (our

mail-order store). Enquiries; information; clinics; membership & catalogue. Contact NAAA, PO Box 48, HARRIS PARK, NSW 2150. Ph: 0415-928-028.

Email: [naaaauz@yahoo.com](mailto:naaaauz@yahoo.com).

**AFFILIATED DONKEY SOCIETIES OF AUSTRALIA.** For info on membership, magazines and help avail write to Ms Ann Fletcher, 74 Bells Lane, KURMOND, NSW 2757. You will be contacted by the representative in your state.

## WANTED

**WANTED TRACTOR TYRE/TYRES**, rear, 13-50 x 28. Ph: 03-5797-6395.

Email: [suevor@bigpond.com](mailto:suevor@bigpond.com)

## LATE GRASSIFIEDS

**LAVENDULA LAVENDER HARVEST FESTIVAL**, 9am to 5pm, 12 January, gate fee \$6. To celebrate the annual hand harvest of lavenders, a festival of local food & wines, horticulture & produce, entertainments & crafts. For enquiries, ph: Carol White, 03-5476-4393.

**CHILDREN & PESTICIDE EXPOSURE** – a comprehensive booklet aimed at schools and childcare centres put out by the Total Environment Centre explaining the benefits of a pesticide-free environment & how to implement a chemical-free pest control program. Copies of *Safer Solutions To Protect Children From Dangerous Pesticide Exposures* available to interested groups for \$11. Phone the Centre on 02-9299-5599 or 02-9299-5680 to obtain copy.

**TO RENT, HOUSE ON ACREAGE, NORTH-EARN NSW.** Three b/rs, fireplace, timber kitchen, lge outdoor area, great solar system, vegie garden, chook pen, sheds, pristine crk, loads of water. Kyogle – 20 mins. Long term. Available Jan/Feb, cheap rent to suitable people. Ph: 02-6633-9105.

**MORTGAGEE SALE**, two b/r house on 48 ac, 30 mins from beach at 1770, Qld. Close to school, shop, PO and pub. \$62,000. Ph: 0409-511-321.

### ATTENTION GRASSIFIED ADVERTISERS

- For best results state your requirements clearly and succinctly, but avoid racist, sexist and offensive language.
- Get ads in early so we have time to contact you to clarify any questions which may arise.
- Neat printing is essential so we can print your ad correctly. ☺

## Can't find your back copies?

*What you need is a binder to keep them in order!*



*Each binder is rich burgundy  
complemented by a white  
Grass Roots logo.  
Each one holds 10 issues.  
\$15.80 plus \$4 p&h.*

*See page 82 for order form.*

# Subscribe to Grass Roots

## Your Ticket to Peace and Freedom

- ☐ Australia, one year, \$36.30 (incl. GST)  
☐ Australia, 2 years, \$72.60 (incl. GST)  
☐ Overseas, one year, A\$50.00 (Bank draft/credit card only)



**\* Subscription and Back Issues include postage and handling.\***

Name:.....

Address:.....

.....Post Code.....

Ph:(day) (.....)

Email:.....

**Credit Card**(tick): ☐ Visa ☐ Mastercard ☐ Bankcard

N°

Expiry Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature: \_\_\_\_\_

**Subscription** \$.....

**Back issues @ \$5.00ea** \$.....

**Note: issues 1 – 18 & 66 are no longer available.**

**N°s:**.....

**Total price of books** \$.....

**Postage and handling** \$.....

**(books only)**

**Total enclosed** \$.....

## Grass Roots Books

*Tick the appropriate boxes. Add postage and handling costs for books from the chart below.*

- |   |         |
|---|---------|
| <input type="checkbox"/> Organic Guide To Australia – Wendy Seabrook. Cafes, greengrocers & home delivery           | \$19.95 |
| <input type="checkbox"/> Poultry Breeders Directory. Breed descriptions and breeders contact info. (Discounted)     | \$6.00  |
| <input type="checkbox"/> The Healthy Cat – Madelaine Wright. Keep moggy happy using natural methods.                | \$16.50 |
| <input type="checkbox"/> Going Tropical – Ron Edwards. Northbound survival guide. (Incl. tropical fruit varieties.) | \$16.45 |
| <input type="checkbox"/> Your First Pony – Beverley Heselton. A must for the young rider.                           | \$16.50 |
| <input type="checkbox"/> Country Scents – Alan Hayes. Make your own cosmetics at home.                              | \$10.95 |
| <input type="checkbox"/> The Bullock Driver's Handbook – Arthur Cannon. Pioneer skills for sustainable living.      | \$16.45 |
| <input type="checkbox"/> Grass Roots Livestock Index.   | \$5.50  |
| <input type="checkbox"/> Binders for Grass Roots. Keep your precious collection together.                           | \$15.80 |

### Postage and Handling, Books Only

Up to \$25.00 - add \$4.00	\$50.00 - \$80.00 - add \$8.00
\$25.00 - \$50.00 - add \$6.00	Over \$80.00 - add \$10.00

*Within Australia. Overseas prices add 50%.*

*Post with cheque, money order or credit card details to:*

**Grass Roots, PO Box 117, Seymour 3661, Australia.**

Current November, 2002.

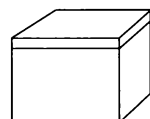
4/55 Anzac Ave, Seymour

## LP GAS REFRIGERATORS LP GAS CHEST FREEZERS 12V/24V CHEST FREEZERS

Modern Economical Appliances Designed for  
Alternative Energy Application.



**Consul**  
230-litre 2-door LP Gas  
Refrigerator / Freezer



**Frostek**  
160- and 240-litre LP Gas  
Chest Freezers

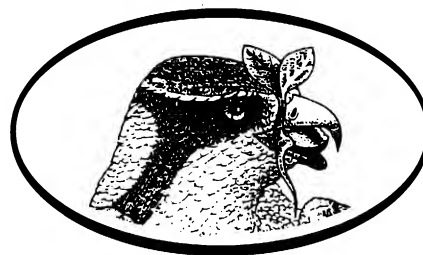
**Sundanze**  
160- and 190-litre 12V / 24V  
Chest Freezers

**VIC:** DP Refrigeration, Melbourne 03-9437-0737  
3 Contour Close, Research 3095

**NSW:** Gas & Domestic Refrigeration, Sydney  
02-9681-4365

**QLD:** Gas & Portable Refrigeration, Burleigh Heads  
07-5593-4066

## PHOENIX SEEDS



**Common & Unusual Vegetables**

**Culinary & Medicinal Herbs**

**Cottage Garden & Modern Cut Flowers**

**Utilitarian & Ornamental Trees**

Current mail order catalogue is available now - free. A  
copy will be posted if you send your full name & address to:

**Phoenix Seeds, PO Box 207, SNUG 7054.**

**Ph: 03-6267-9663**

Channel Hwy, Lower Snug 7150

## Change your saving habits



There is a link between your  
savings and the  
environment.

Don't invest in  
uranium mines  
or polluters -  
invest ethically.

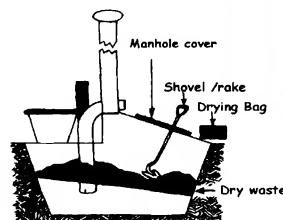
Australian Ethical  
Investment's portfolio  
of over 80 investments  
will maximise your return  
and minimise your risk... ethically.

phone 1800 021 227 now for a prospectus  
or visit our website [www.austethical.com.au](http://www.austethical.com.au)

Applications for investment can only be made on the form contained in the current prospectus  
(lodged with ASIC) which is available from Australian Ethical Investment.  
AEI does not guarantee future performance or return of capital.

## Simply Enviro Loo

- . Totally sealed
- . No foul odors with  
sufficient wind and sun.
- . Very Low maintenance
- . No water needed.
- . Ground Level installations
- . Minimal Moving Parts
- . Assembled quickly
- . No chemicals



Backup fan available for  
domestic applications

It is only the dried waste that requires removal after a few years. A shovel and  
container is all that is necessary



Enviro Options Aust. P/L  
ACN 083 573 540

**For Further Information Contact  
Sydney Head Office**

Tel 02 9456 0172

Fax 02 9456 0173

Agents : Byron Bay 02 6685 4619

Cairns 07 4053 6131

Adelaide 08 8265 7079

**[www.enviro-options.com.au](http://www.enviro-options.com.au)**





ISSN 0310-2890



06

9 770310 289013